

## Preschool Lesson Structure



### **LEVEL 1 – STARFISH**

**4-12 months**

Starfish is an assisted level where babies and their parents or caregivers work on getting wet, buoyancy, movement, front, back and vertical position in the water, and shallow water entries and exits.



### **LEVEL 2 – DUCK**

**12-24 months**

Duck is an assisted level where babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.



### **LEVEL 3 – SEA TURTLE**

**24-36 months**

In this level, your child can swim assisted or unassisted. The focus is on water submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.



### **LEVEL 4 – SEA OTTER**

**3-5 years**

Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level.



### **LEVEL 5 – SALAMANDER**

**3-5 years** (with successful completion of the skills in Red Cross Swim Preschool Sea Otter level)

Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.



### **LEVEL 6 – SUNFISH**

**3-6 years** (with successful completion of the skills in Red Cross Swim Preschool Salamander)

Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 metres continuously.



### **LEVEL 7 – Crocodile**

**3-6 years** (with successful completion of the skills in Red Cross Swim Preschool Sunfish)

Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously.



### **LEVEL 8 – WHALE**

**3-6 years** (with successful completion of the skills in Red Cross Swim Preschool Crocodile)

Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously.



### **LEVEL 1**

No previous swim experience required. Children must be at least 6 years old. This level provides an orientation to water and the pool area. Swimmers are introduced to floats, glides, flutter kick (assisted) and shallow water entries/exits. Children will build their endurance by improving distance, and can swim 5 metres upon completion of this level.



### **LEVEL 2**

This level builds on previous skills in front and back swimming. Children are introduced to deep water activities and proper use of a PFD. Endurance is built on flutter kicking with assisted glides. Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.



### **LEVEL 3**

The level provides an introduction to front crawl as well the foundation for making wise choices about where and when to swim. Diving is introduced and children will work on floats and changing direction. Swimmers increase their endurance and distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously.



#### LEVEL 4

Swimmers further develop the front crawl, back glide and shoulder roll for back crawl. Children work on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25 meter swim.



#### LEVEL 5

Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and develop endurance through dolphin kick and a 50 metre continuous swim.



#### LEVEL 6

Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously. Children are also introduced to safety on ice, elementary rescue of others with throwing assists.



#### LEVEL 7

Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously. Children also learn about airway and breathing obstructions and participate in timed treading water to increase endurance.



#### LEVEL 8

Swimmers are introduced to breast stroke (15m), increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn eggbeater/tread water, as well as perform feet-first surface dive and standing shallow dive. Endurance and distance is built through dolphin kick and 300 metre continuous swim. Children also learn about the dangers of open water, hypothermia and the performance of rescue breathing on children and adults.



## LEVEL 9

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously. Students also learn about making safe and smart decisions around water and ice, as well as self-rescue.



## LEVEL 10

Swimmers learn sidestroke (25m), feet- and head-first surface dives, butterfly and scissor kick. Previously learned strokes are refined. Endurance is built through an increase in distance on front/back crawl (100m), elementary back stroke (50m) and breast stroke (50m). Swimmers also perform dolphin kick (vertical) and swim 500 metres continuously upon completion of this level. Furthermore, children learn about sun safety and rescuing others from ice.