

# AQUATICS INDEX

Need help deciding which program to enroll in? Use our index to find the right fit

## RED CROSS PARENTED & UN-PARENTED PRESCHOOL PROGRAMS

Parents will participate in the classes with their child for the first three levels. Children enter a level based on their age and abilities.



### STARFISH, DUCK & SEA TURTLE PARENTED

Ages 4 – 36 months



#### SEA OTTER

Ages 3 – 5 years

Transitional level that transfers the preschooler to the care of the Instructor. Using games and activities, further develop basic floats and glides, and swim 1 meter.



#### SALAMANDER

Ages 3 – 5 years

Develop basic floats, improve front and back glides, learn roll-over glides, jumping into chest deep water, and water safety.



#### SUNFISH

Ages 3 – 5 years

Learn to swim 5 metres, increase distance using buoyant objects, improve basic floats and rollovers, and introduce deep-water skills and use of a Personal Flotation Device.



#### CROCODILE & WHALE

Ages 3 – 5 years

Begin to go into deeper water, perform surface support, and begin using rhythmic breathing. Progress with kicking drills and increase their swimming distance.



## TRANSFER RED CROSS SWIM PRESCHOOL TO RED CROSS SWIM KIDS

TOOK RED CROSS PRESCHOOL	AND THE LEVEL WAS MARKED	THEN ENROLL THEM IN
STARFISH	<i>complete or incomplete</i>	SWIM KIDS 1
DUCK	<i>complete or incomplete</i>	SWIM KIDS 1
SEA TURTLE	<i>complete or incomplete</i>	SWIM KIDS 1
SEA OTTER	<i>complete or incomplete</i>	SWIM KIDS 1
SALAMANDER	<i>complete or incomplete</i>	SWIM KIDS 1
SUNFISH	<i>incomplete</i>	SWIM KIDS 1
SUNFISH	<i>complete</i>	SWIM KIDS 2
CROCODILE	<i>incomplete</i>	SWIM KIDS 2
CROCODILE	<i>complete</i>	SWIM KIDS 3
WHALE	<i>incomplete</i>	SWIM KIDS 3
WHALE	<i>complete</i>	SWIM KIDS 4