

Red Cross Swim Programs

2014

Red Cross Swim Preschool – Sea Turtle		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Getting wet • Submersion 3 sec • Introduction to rhythmic breathing: breath control • Buoyancy and movement (assisted) • Shallow water movement • Front float and recovery 3 sec (assisted) • Back float and recovery 3 sec (assisted) • Front and back glide and recovery (assisted) • Basic kick on front (assisted) • Front swim (assisted) 	<ul style="list-style-type: none"> • Play and songs/relay • Kick on front with buoyant object, 2m (assisted) 	<ul style="list-style-type: none"> • Facility orientation and active supervision • Stop! Look! Ask! (find the adult) • Entries and exits (assisted) • Jump into chest-deep water (assisted) • Jump into chest-deep water and return (assisted) • PFD/lifejacket and me (assisted)

Red Cross Swim Preschool – Sea Otter		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Open eyes underwater (attempted) • Rhythmic breathing 3 times • Front float and recovery 3 sec • Back float and recovery 3 sec • Front glide 3 sec • Back glide 3 sec (assisted) • Front swim 1m (assisted) 	<ul style="list-style-type: none"> • Play and songs • Kick on front with buoyant object 1m • Distance swim 1m 	<ul style="list-style-type: none"> • Facility orientation and active supervision • Stop! Look! Ask! (find the adult) • Safe entries and exits • PFD/lifejacket and me (assisted) • <i>Optional: Safe Entries and Exits Wearing Clothes*</i> • <i>Optional: PFD/Lifejacket and Me (Assisted) Wearing Clothes*</i>

Red Cross Swim Preschool – Sea Otter

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Open eyes underwater (attempted) • Rhythmic breathing 3 times • Front float and recovery 3 sec • Back float and recovery 3 sec • Front glide 3 sec • Back glide 3 sec (assisted) • Front swim 1m (assisted) 	<ul style="list-style-type: none"> • Play and songs • Kick on front with buoyant object 1m • Distance swim 1m 	<ul style="list-style-type: none"> • Facility orientation and active supervision • Stop! Look! Ask! (find the adult) • Safe entries and exits • PFD/lifejacket and me (assisted) • <i>Optional: Safe Entries and Exits Wearing Clothes*</i> • <i>Optional: PFD/Lifejacket and Me (Assisted) Wearing Clothes*</i>

Red Cross Swim Kids 1

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Rhythmic breathing 5 times • Front float and recovery 3 sec • Back float and recovery 3 sec • Front glide 5 sec • Front glide with kick 5m • Back glide 5 sec • Roll-over glides 5 sec (assisted) • Front swim 5m • <i>Optional: Rhythmic Breathing 5 Times Wearing Clothes*</i> 	<ul style="list-style-type: none"> • Flutter kick 5m (assisted) • Distance swim 5m 	<ul style="list-style-type: none"> • Facility/Site orientation • Supervision • Shallow water entries and exits • Submerge head • Exhale through mouth and/or nose • <i>Optional: Shallow Water Entries and Exits Wearing Clothes*</i>

Red Cross Swim Kids 2

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Rhythmic breathing 10 times (2 ways) • Front glide with flutter kick 10m • Back glide with flutter kick 5m • Side glide with flutter kick 5m (assisted) • Roll-over glide with flutter kick 5m • Front swim 5m • <i>Optional: Back Glide with Flutter Kick 5m Wearing Clothes*</i> 	<ul style="list-style-type: none"> • Flutter kick 10m (assisted) • Distance swim 10m 	<ul style="list-style-type: none"> • Site rules • EMS/9-1-1 • Introduction to PFDs/Lifejackets • Weight transfer, shallow water • Deep-water activities (assisted) • <i>Optional: Introduction to PFDs/Lifejackets Wearing Clothes*</i>

Red Cross Swim Kids 3		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> Rhythmic breathing 15 times Front glide with flutter kick 15m Back glide with flutter kick 10m Side glide with flutter kick 10m Front glide/side glide combo 10m (assisted) Front swim 10m <i>Optional: Back Glide with Flutter Kick 10m Wearing Clothes*</i> 	<ul style="list-style-type: none"> Flutter kick 15m Distance swim 15m 	<ul style="list-style-type: none"> When and where to swim PFDs/Lifejackets, deep water Deep water float 5 sec Jump in, change direction, return to safety, deep water Surface support, deep water 20 sec Sitting dive, change direction, return to safety <i>Optional: PFDs/Lifejackets, Deep Water Wearing Clothes*</i>

Red Cross Swim Kids 4		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> Rhythmic breathing 15 times (front crawl specific) Front glide/side glide combo 15m Back swim with shoulder roll 15m Front crawl 10m <i>Optional: Front Glide/Side Glide Combination 15m Wearing Clothes*</i> 	<ul style="list-style-type: none"> Flutter kick on back 15m Distance swim 25m 	<ul style="list-style-type: none"> Self-safety Show how to contact EMS/ 9-1-1 Self-safety – safe diving Introduction to sculling, shallow water Kneeling dive Surface support, deep water 45 sec <i>Optional: Surface Support, 45 sec in Chest-Deep Water Wearing Clothes*</i>

Red Cross Swim Kids 5		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> Rhythmic breathing 20 times (2 ways) Front crawl 15m Back crawl 15m Whip kick on back 10m <i>Optional: Front Crawl 15m Wearing Clothes*</i> 	<ul style="list-style-type: none"> Flutter kick 25m Distance swim 50m 	<ul style="list-style-type: none"> How to be a safe boater Staying warm Cold water HELP/Huddle Disorienting entries Tread water 1 min Stride dive Head-first sculling on back 5m <i>Optional: Disorienting Entries Wearing Clothes*</i>

Red Cross Swim Kids 6		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl 25m • Back crawl 25m • Elementary back stroke 15m • <i>Optional: Back Crawl 25m Wearing Clothes*</i> 	<ul style="list-style-type: none"> • Dolphin kick 10m • Distance swim 75m 	<ul style="list-style-type: none"> • Causes of boating incidents • When and where to go on ice • Distressed swimmer recognition and simulation • Throwing assist without a line • Head-first sculling on back 10m • Tread water, deep water 1 ½ min • Front dive • <i>Optional: Tread Water, Deep Water 1 1/2 min Wearing Clothes*</i>

Red Cross Swim Kids 7		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl 50m • Back crawl 50m • Elementary back stroke 25m • Front scull 15m • Whip kick on front 15m • <i>Optional: Elementary Back Stroke 25m Wearing Clothes*</i> 	<ul style="list-style-type: none"> • Dolphin kick 15m • Distance swim 150m 	<ul style="list-style-type: none"> • Mild and severe airway obstruction • Choking rescue, mild and severe airway obstruction, conscious person • Throwing assist with a line • Reaching assist with rescue equipment • Stride entry • <i>Optional: Stride Entry Wearing Clothes*</i>

Red Cross Swim Kids 8		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl 75m • Back crawl 75m • Elementary back stroke 25m • Breast stroke 15m 	<ul style="list-style-type: none"> • Eggbeater/tread water 3 min • Distance swim 300m • <i>Optional: Eggbeater/Tread Water 3 min Wearing Clothes*</i> 	<ul style="list-style-type: none"> • Hypothermia • Dangers of open water • Rescue breathing, adult and child • Feet-first surface dive • Standing shallow dive • <i>Optional: Feet-First Surface Dive Wearing Clothes*</i>

Red Cross Swim Kids 9		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl 100m • Back crawl 100m • Elementary back stroke 50m • Breast stroke 25m • Sidestroke kick 15m • <i>Optional: Breast Stroke 25m Wearing Clothes*</i> 	<ul style="list-style-type: none"> • Travelling, legs only 3 min • Distance swim 400m 	<ul style="list-style-type: none"> • Wise choices and peer influence • Complications of rescue breathing • Boating regulations • Self-rescue: fall through ice • Head-first surface dive • <i>Optional: Self-Rescue: Fall Through Ice Wearing Clothes*</i>

Red Cross Swim Kids 10		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> • Front crawl 100m • Back crawl 100m • Elementary back stroke 50m • Breast stroke 50m • Sidestroke 25m • <i>Optional: Sidestroke 25m Wearing Clothes*</i> 	<ul style="list-style-type: none"> • Dolphin kick (vertical) 3 x 10 sec • Distance swim 500m 	<ul style="list-style-type: none"> • Sun smart • Ice rescue from safe zone • Next steps • Feet-/head-first surface dives with underwater swim 2m • <i>Optional: Feet-/Head-First Surface Dives with Underwater Swim 2m Wearing Clothes*</i>

**Clothing: long- or short-sleeved shirts, shorts or pants, socks, and if permitted by the facility, footwear*