

Red Cross Swim Kids Levels

Red Cross Swim Kids Level 1 (Pre-requisite: none)

This is an entry level for children ready to move in shallow water. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks. Children build their endurance by improving distance and will practice swimming without goggles.

Red Cross Swim Kids Level 2 (Must have completed Swim Kids 1 or equivalent)

This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with independent glides.

Red Cross Swim Kids Level 3 (Must have completed Swim Kids 2 or equivalent)

This level provides an introduction to front crawl as well the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15-metre swim.

Red Cross Swim Kids Level 4 (Must have completed Swim Kids 3 or equivalent)

The front crawl, back glide and shoulder roll for back crawl are further developed. 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-metre swim.

Red Cross Swim Kids Level 5 (Must have completed Swim Kids 4 or equivalent)

Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives receive an introduction to safe boating skills. Endurance is developed through a 50-metre swim.

Red Cross Swim Kids Level 6 (Must have completed Swim Kids 5 or equivalent)

Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75-metre swim.

Red Cross Swim Kids Level 7 (Must have completed Swim Kids 6 or equivalent)

Level 7 continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in timed treading water for increasing endurance. Endurance is built through timed treading water and a 150-metre swim.

Red Cross Swim Kids Level 8 (Must have completed Swim Kids 7 or equivalent)

Level 8 provides an introduction to the breaststroke, foot first surface dives, and rescue entries. Children learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults. Endurance is built through practice of egg-beater and a 300-metre swim.

Red Cross Swim Kids Level 9 (Must have completed Swim Kids 8 or equivalent)

Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. They also work on head-first surface dives and learn about wise choices, peer influences, and self-rescue from ice. Endurance is built through a 400-metre swim.

Red Cross Swim Kids Level 10 (Must have completed Swim Kids 9 or equivalent)

Further refinement of strokes, with an introduction to vertical dolphin kick. Children learn about sun safety, rescue of others from the ice, and head-first and feet-first surface dives. Endurance is built using dolphin kick and a 500-metre swim.

Red Cross Teen Basics (13 to 19 years) (Pre-requisite: none)

Introduces fundamental skills for shallow and deep water swimming and fosters basic knowledge and safety skills.