



## Red Cross Swim Kids Program Content

Red Cross Swim Kids – Level 1		
Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Rhythmic breathing 5 times</li> <li>• Front float and recovery 3 sec</li> <li>• Back float and recovery 3 sec</li> <li>• Front glide 5 sec</li> <li>• Front glide with kick 5m</li> <li>• Back glide 5 sec</li> <li>• Roll-over glides 5 sec (assisted)</li> <li>• Front swim 5m</li> </ul>	<ul style="list-style-type: none"> <li>• Flutter kick 5m (assisted)</li> <li>• Distance swim 5m</li> </ul>	<ul style="list-style-type: none"> <li>• Facility/Site orientation</li> <li>• Supervision</li> <li>• Shallow water entries and exits</li> <li>• Submerge head</li> <li>• Exhale through mouth and/or nose</li> </ul>

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

### Red Cross Swim Kids – Level 3

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

### Red Cross Swim Kids – Level 4

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Rhythmic breathing 15 times (front crawl specific)</li> <li>• Front glide/side glide combo 15m</li> <li>• Back swim with shoulder roll 15m</li> <li>• Front crawl 10m</li> </ul>	<ul style="list-style-type: none"> <li>• Flutter kick on back 15m</li> <li>• Distance swim 25m</li> </ul>	<ul style="list-style-type: none"> <li>• Self-safety</li> <li>• Show how to contact EMS/ 9-1-1</li> <li>• Self-safety – safe diving</li> <li>• Introduction to sculling, shallow water</li> <li>• Kneeling dive</li> <li>• Surface support, deep water 45 sec</li> </ul>

### Red Cross Swim Kids – Level 5

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

### Red Cross Swim Kids – Level 6

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

### Red Cross Swim Kids – Level 7

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

### Red Cross Swim Kids – Level 8

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Front crawl 75m</li> <li>• Back crawl 75m</li> <li>• Elementary back stroke 25m</li> <li>• Breast stroke 15m</li> </ul>	<ul style="list-style-type: none"> <li>• Eggbeater/tread water 3 min</li> <li>• Distance swim 300m</li> </ul>	<ul style="list-style-type: none"> <li>• Hypothermia</li> <li>• Dangers of open water</li> <li>• Rescue breathing, adult and child</li> <li>• Feet-first surface dive</li> <li>• Standing shallow dive</li> </ul>

### Red Cross Swim Kids – Level 9

Swimming	Fitness Activities	Skills and Water Safety
<ul style="list-style-type: none"> <li>• Front crawl 100m</li> <li>• Back crawl 100m</li> <li>• Elementary back stroke 50m</li> <li>• Breast stroke 25m</li> <li>• Sidestroke kick 15m</li> </ul>	<ul style="list-style-type: none"> <li>• Travelling, legs only 3 min</li> <li>• Distance swim 400m</li> </ul>	<ul style="list-style-type: none"> <li>• Wise choices and peer influence</li> <li>• Complications of rescue breathing</li> <li>• Boating regulations</li> <li>• Self-rescue: fall through ice</li> <li>• Head-first surface dive</li> </ul>

### Red Cross Swim Kids – Level 10

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