

Registered Programs

RED CROSS SWIM PROGRAM: LESSON LEVEL DESCRIPTIONS

As part of the Red Cross commitment to offer high quality training to the public, the Red Cross Water Safety program has undergone revisions based on extensive market research and pilot projects. The City of Saskatoon has implemented the new Red Cross Swim program at our facilities.

Red Cross Swim Preschool is an eight-level program that allows your children, aged 4 months to 5 years, to enter levels based on their age and abilities. Each level is built around an aquatic animal theme and has its own mascot, which will make learning engaging and fun for young children.

Red Cross Swim Kids is a 10-level program for children ages 6 and up that will help swimmers develop all six swimming strokes (front and back crawl, elementary back stroke, breast stroke, butterfly, sidestroke), actively learn how to be safe around the water, and increase their fitness and endurance through fun activities. Children will be challenged to achieve personal best in distance and time, which will be a strong motivator through all 10 levels. Red Cross Swim Kids teaches more than swimming skills – it allows kids to strive for and reach their personal best.

AquaAdults These lessons are designed to meet the needs of adults and adolescents. The lessons focus on basic swim skills as well as stroke and skill enhancement.

RED CROSS SWIM PRESCHOOL AGES 4-36 MONTHS (PARENTED)

During Starfish, Duck, and Sea Turtle, the parent or caregiver will participate in the classes together with their child. Progression for these lower levels is based on participation and age.



STARFISH Ages 4-18 months (parented)

Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water, and shallow water entries and exits.



DUCK Ages 18-30 months (parented)

Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.



SEA TURTLE Ages 30-36 months (parented)

Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.



RED CROSS SWIM PRESCHOOL AGES 3-5 YEARS (UNPARENTED)

Sea Otter, Salamander, Sunfish, Crocodile, and Whale are unparented and the children will be with the instructor at all times. Progression is based on skill evaluation.



SEA OTTER Ages 3-5 years (unparented)

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. Note: If 6+ and Sea Otter is completed or not completed, register in Swim Kids Level 1.



SALAMANDER Ages 3-5 years (unparented)

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. Note: If 6+ and Salamander is completed or not completed, register in Swim Kids Level 1.



SUNFISH Ages 3-5 years (unparented)

Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a personal floatation device, and swim 5 metres continuously. Note: If 6+ and Sunfish is not completed, register in Swim Kids Level 1; if 6+ and Sunfish is completed, register in Swim Kids Level 2.



CROCODILE Ages 3-5 years (unparented)

Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a personal floatation device in deep water, and swim 10 metres continuously. Note: If 6+ and Crocodile is not completed, register in Swim Kids Level 2; if 6+ and Crocodile is completed, register in Swim Kids Level 3.



WHALE Ages 3-5 years (unparented)

Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion. Note: If 6+ and Whale is completed or not completed, register in Swim Kids Level 3.



RED CROSS SWIM KIDS AGES 6+

Progression is based on skill evaluation.



SWIM KIDS LEVEL 1 Ages 6+

Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 metres.

SWIM KIDS LEVEL 2 Ages 6+

Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.

SWIM KIDS LEVEL 3 Ages 6+

Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a personal floatation device in deep water, float in deep water, and swim 15 metres continuously.

SWIM KIDS LEVEL 4 Ages 6+

Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, are introduced to sculling, and swim 25 metres continuously.

SWIM KIDS LEVEL 5 Ages 6+

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 swim 50 metres continuously.

SWIM KIDS LEVEL 6 Ages 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.

SWIM KIDS LEVEL 7 Ages 6+

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.

SWIM KIDS LEVEL 8 Ages 6+

Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive, and swim 300 metres continuously.

SWIM KIDS LEVEL 9 Ages 6+

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.

SWIM KIDS LEVEL 10 Ages 6+

Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim, and swim 500 metres continuously.

Looking for a unique place for your child's next birthday party?

Why not try a pool party at Harry Bailey Aquatic Centre, Lakewood Civic Centre, Lawson Civic Centre or Shaw Centre? Custom party packages are available for groups of all sizes and ages. See the Customer Service desk at the pool of your choice for more info.

Harry Bailey Aquatic Centre has new after-hours event packages!
See page 18 for details.