

Parent & Tot			
COM Name	Ages	Course Requirements	Course Description
Swim Parent and Tot - Starfish	6 - 12 Months	6-12 months, able to hold their head up	Orientation to water for babies and their parent/caregiver. To enter this level, babies must be able to hold their head up. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age-specific water safety. This level is participation-based only, without formal evaluation. Designed for the 6-12 month old to learn to enjoy the water with the parent. Parent or Guardian must be at a 1:1 ratio to participate. Proper swim diapers are to be worn.
Swim Parent and Tot - Duck	12-24 Months	12-24 months	Orientation to water for toddlers and their parent/caregiver. Age is the only condition for entering this level. Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age-specific water safety. This level is participation-based only, without formal evaluation.
Swim Parent and Tot - Sea Turtle	24 - 36 Months	24-36 months	Orientation to water for toddlers and their parent/caregiver. Age is the only condition for entering this level. Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks. This level is participation-based only, without formal evaluation.

Preschool			
COM Name	Ages	Course Requirements	Course Description
Swim Preschool 1 - Sea Otter	3 - 5 Years	3-5 years	Transitional level that transfers the preschooler to the care of the Instructor. All skills are assisted by the Instructor. Swimmers enter this level when they are 3 years of age. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills. Swimmers are evaluated based on performance criteria and progress to Salamander once all criteria have been successfully completed. Must be 3 years of age. Class Length: 30 min.
Swim Preschool 2 - Salamander	3 - 5 Years	3-5 years	Swimmers enter this level when they have successfully completed Sea Otter. Using games and activities, swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glide are also included, and swimmers learn appropriate water safety skills such as how to jump into chest-deep water and how to use a lifejacket/Personal Flotation Device (PFD). Safety skills development includes water orientation, safe entries and exits and only swimming when an adult is present. Swimmers are evaluated based on performance criteria and progress to Sunfish once all criteria have been successfully completed. Must be 3 years of age. Class Length: 30 min.
Swim Preschool 3 - Sunfish	3 - 6 Years	3-6 years	Swimmers enter this level when they have successfully completed Salamander. Using games and activities, swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glide with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use of a lifejacket/Personal Flotation Device (PFD). Safety skills development such as water orientation, safe entries and exits and always asking for permission before going near the water. Swimmers are evaluated based on performance criteria and progress to Crocodile once all criteria have been successfully completed. Must be 3 years of age. Class Length: 30 min.
Swim Preschool 4 - Crocodile	3 - 6 Years	3-6 years	Swimmers enter this level when they have successfully completed Sunfish. Through games and other fun activities, swimmers learn to swim 5 metres on their front and back, perform a dolphin kick and begin using rhythmic breathing. They also progress with kicking drills and increase their swimming distance to 10 metres. Safety skills include jumping into deep water and performing surface support for 10 seconds, recognizing when a swimmer needs help and using a lifejacket/Personal Flotation Device (PFD) in deep water. Swimmers are evaluated based on performance criteria and progress to Whale once all criteria have been successfully completed.

Swim Kids			
COM Name	Ages	Course Requirements	Course Description
Swim Kids 1 with Guardian In Water	At least 5 years of age to 14	No previous swimming experience required	Due to the physical distancing requirements, no physical manipulation will be completed by swim instructors. A parent / guardian must be in the water and help swimmers develop the required swimming skills by supporting them in the water if necessary. Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim. Course Length: 30 min.
Swim Kids 2 with Guardian In Water	At least 5 years of age to 14	Successful completion of Red Cross Swim Kids 1 OR successful completion of Red Cross Swim Preschool Sunfish	Due to the physical distancing requirements, no physical manipulation will be completed by swim instructors. A parent / guardian must be in the water and help swimmers develop the required swimming skills by supporting them in the water if necessary. Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and proper use of a lifejacket/Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim. Course Length: 30 min.
Swim Kids 3 with Guardian In Water	At least 5 years of age to 14	Successful completion of in Red Cross Swim Kids 2 OR successful completion of Red Cross Swim Preschool Crocodile	Due to the physical distancing requirements, no physical manipulation will be completed by swim instructors. A parent / guardian must be in the water and help swimmers develop the required swimming skills by supporting them in the water if necessary. This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15m swim. Course Length: 30 min Please Note: Due to a revised safety standard, Diving skills in Swim Kids Levels 3 And higher will not be taught at Frank McKechnie, River Grove and South Common Pools.

Swim Kids 4 with Guardian In Water	At least 5 years of age to 14	Successful completion of Red Cross Swim Kids 3 OR successful completion of Red Cross Swim Preschool Whale	Due to the physical distancing requirements, no physical manipulation will be completed by swim instructors. A parent / guardian must be in the water and help swimmers develop the required swimming skills by supporting them in the water if necessary. This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim. Upon completion of 25m, swimmers are eligible to register as part of Canada's Swim Team through Getswimming.ca. Course Length: 30 min. Please Note: Due to a revised safety standard, Diving skills in Swim Kids Levels 3 And higher will not be taught at Frank McKechnie, River Grove and South Common Pools.
Swim Kids 1	At least 5 years of age to 14	No previous swimming experience required	Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim. Course Length: 30 min.
Swim Kids 2	At least 5 years of age to 14	Successful completion of Red Cross Swim Kids 1 OR successful completion of Red Cross Swim Preschool Sunfish	Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep-water activities and proper use of a lifejacket/Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim. Course Length: 30 min.
Swim Kids 3	At least 5 years of age to 14	Successful completion of in Red Cross Swim Kids 2 OR successful completion of Red Cross Swim Preschool Crocodile	This level provides an introduction to diving, and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15m swim. Course Length: 30 min Please Note: Due to a revised safety standard, Diving skills in Swim Kids Levels 3 And higher will not be taught at Frank McKechnie, River Grove and South Common Pools.
Swim Kids 4	At least 5 years of age to 14	Successful completion of Red Cross Swim Kids 3 OR successful completion of Red Cross Swim Preschool Whale	This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim. Upon completion of 25m, swimmers are eligible to register as part of Canada's Swim Team through Getswimming.ca. Course Length: 30 min. Please Note: Due to a revised safety standard, Diving skills in Swim Kids Levels 3 And higher will not be taught at Frank McKechnie, River Grove and South Common Pools.
Swim Kids 5	At least 5 years of age to 14	Successful completion of Red Cross Swim Kids 4	This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim. Course Length: 45 min. Please Note: Due to a revised safety standard, Diving skills in Swim Kids Levels 3 And higher will not be taught at Frank McKechnie, River Grove and South Common Pools.
Swim Kids 6	At least 5 years of age to 14	Successful completion of Red Cross Swim Kids 5	This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m), and introduces elementary back stroke (15m), safety on ice, and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim. Course Length: 45 min. Please Note: Due to a revised safety standard, Diving skills in Swim Kids Levels 3 And higher will not be taught at Frank McKechnie, River Grove and South Common Pools.
Swim Kids 7	At least 5 years of age to 14	Successful completion of Red Cross Swim Kids 6	This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim. Course Length: 45 min. Please Note: Due to a revised safety standard, Diving skills in Swim Kids Levels 3 And higher will not be taught at Frank McKechnie, River Grove and South Common Pools.
Swim Kids 8	At least 5 years of age to 14	Successful completion of Red Cross Swim Kids 7	This level is an introduction to breast stroke (15m) and feet-first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of choking rescues on children and adults, and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each. Course Length: 45 min. Please Note: Due to a revised safety standard, Diving skills in Swim Kids Levels 3 And higher will not be taught at Frank McKechnie, River Grove and South Common Pools.
Swim Kids 9	At least 5 years of age to 14	Successful completion of Red Cross Swim Kids 8	This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m), and encourages swimmers to combine different kicks for fitness (3 mins). 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 400m swim. Course Length: 60 min. Please Note: Due to a revised safety standard, Diving skills in Swim Kids Levels 3 And higher will not be taught at Frank McKechnie, River Grove and South Common Pools.
Swim Strokes	At least 5 years of age to 14	Able to swim front crawl at least 15 m continuously, back crawl 15 m and is comfortable in deep water & be in Swim Kids 5 & Higher	We help you develop one or more swimming strokes, working toward proficiency and increased endurance. Work with your Water Safety Instructor to choose the strokes and set your goals and priorities. If you are interested in developing your strokes so that you can train for a triathlon, this is the ideal course for you. Course Length: 60 min. Please Note: Due to a revised safety standard, Diving skills in Swim Kids Levels 3 And higher will not be taught at Frank McKechnie, River Grove and South Common Pools.

Swim Specialty			
COM Name	Length (min)	Course Requirements	Course Description
Swim Basics Adult 1	45	No previous swimming experience required.	We help increase your comfort level and confidence in the water through floats, glides, kicking and swimming. Work with your Water Safety Instructor to set goals to develop your swimming skills. An introduction to swimming with a focus on front swim.
Swim Basics Adult 2	45	Some swimming experience and can perform front swim 10 metres comfortably.	We help increase your comfort level and confidence in the water through floats, glides, kicking and swimming. Work with your Water Safety Instructor to set goals to develop your swimming skills. This course focuses on developing the front and back crawl, establishing comfort in deep water, and increasing the swimming distance.
Swim Strokes Adults	60	Able to swim front crawl at least 15 m continuously, back crawl 15 m, swim 25 m continously anyway and is comfortable in deep water.	We help you develop one or more swimming strokes, working toward proficiency and increased endurance. Work with your Water Safety Instructor to choose the strokes and set your goals and priorities. If you are interested in developing your strokes so that you can train for a triathlon, this is the ideal course for you.

Swim Sports	60		The Red Cross Swim Sports modules are designed as an "aquatic sampler" that introduces you to some of the fundamental skills of a variety of sports. Each sport includes two fun and interactive lessons in the water. Sports include: Boating, Diving, Lifesaving Sport, Surfing & Boogie Boarding, Swim Workout, Synchronized Swimming, Triathlon Swim, Underwater Hockey, and Water Polo.
Lifesaving Skills and Drills	60	12 years of age	In this course you will refine your lifesaving skills, while working on improving your physical firtness and endurance. It is a great way to stay active and keep the skills you learned in your leadship course fresh in your mind, or as preparation for the aquatic leadership levels.

Swim Adapted			
COM Name	Ages	Course Requirements	Course Description
Swim Kids Adapted 1 - 4	5yrs and up		Red Cross Swim Adapted is for swimmers with disabilities and uses the progressions in Red Cross Swim Kids programs. The performance criteria for each level have been
Swim Kids Adapted 5 -10	5yrs and up		

Leadership			
COM Name	Ages	Course Requirements	Course Description
Red Cross Assistant Lifeguard	13 yr to 99	13 Y (by the first day) Emergency First Aid or Standard First Aid/CPRC Certification Swim Kids 10 or equivalent.	Welcome to the Assistant Lifeguard Course! The Assistant Lifeguard course includes knowledge and practice of first aid, rescue skills, lifeguarding skills, safe behaviours, and how to be part of an elite team. This ensures youth are trained in prevention of injuries, not just in how to respond to them. You will be evaluated throughout the course and through individual study assignments. Upon successful completion of the course, you will be certified as a Red Cross Assistant Lifeguard. Prerequisites: 13 years of age, Emergency First Aid or Standard First Aid/CPRC Certification and Swim Kids 10 or equivalent.
Red Cross Assistant Lifeguard Recertification	Not available Fall 2021		
Red Cross Assistant Lifeguard Transfer	Not available Fall 2021		
Red Cross Pool Lifeguard	Not available Fall 2021		
Red Cross Pool Lifeguard Recertification	Not available Fall 2021		
Red Cross Water Safety Instructor Course	15 yr to 99	15 Y by last day Red Cross Assistant Lifeguard (or higher) OR Bronze Cross (or higher)	The Water Safety Instructor (WSI) Course prepares candidates to instruct the Red Cross Swim programs. Candidates focus on strategies to introduce and develop swimming and water safety skills in the Red Cross Swim Preschool, Red Cross Swim Kids, Red Cross Swim @ School, Red Cross Swim @ Camp, Red Cross Swim for Adults & Teens, and Red Cross Swim Adapted programs. Prerequisites: 15 years or older by the last day of the WSI–Classroom and Pool One of: Red Cross Assistant Lifeguard or higher, or Bronze Cross or higher (required in Quebec) Note: certifications do not need to be current.
Red Cross Water Safety Instructor Recertification Course	Not available Fall 2021		