

# RED CROSS AQUATIC PROGRAMS (PRE-SCHOOL)



## Starfish (4 to 12 months) / Duck (12 to 24 months)

**Starfish:** An introductory class for babies and their parent or caregiver. To enter this level, babies must be able to hold their head up. The goal of this orientation to water class is to experience buoyancy, movement, entries, along with enjoying songs and play in the water.

**Duck:** For toddlers or older babies with a parent or caregiver. Learn how to use floating objects for support and explore different water movements through games, songs and active water play.

July 3 - Aug 28	Mon Evenings	6:00pm - 6:30pm
July 3 - July 14	Mon - Fri	10:30am - 11:00am
July 17 - July 28	Mon - Fri	10:30am - 11:00am
July 31 - Aug 11	Mon - Fri	10:00am - 10:30am
Aug 14 - Aug 25	Mon - Fri	10:00am - 10:30am



## Sea Turtle (24 to 36 months)

For toddlers with a parent or caregiver. Swimmers learn through fun games and songs. Combine skills like how to kick with a buoyant object, perform basic floats, glides and kicks.

June 6 - June 29	Tue & Thu Evening	4:00pm - 4:30pm
July 3 - Aug 28	Mon Evenings	6:30pm - 7:00pm
July 3 - July 14	Mon - Fri	10:00am - 10:30am
July 17 - July 28	Mon - Fri	10:00am - 10:30am
July 31 - Aug 11	Mon - Fri	10:00am - 10:30am
Aug 14 - Aug 25	Mon - Fri	10:30am - 11:00am



## Sea Otter (3 to 6 years)

Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, along with swimming 1 metre. They also learn age-appropriate water safety skills. Transitional level that transfers the preschooler to the care of the Instructor.

June 6 - June 29	Tue & Thu Evenings	4:30pm - 5:00pm
July 3 - Aug 28	Mon Evenings	6:00pm - 6:30pm
July 3 - July 14	Mon - Fri	10:30am - 11:00am
July 17 - July 28	Mon - Fri	10:00am - 10:30am
July 31 - Aug 11	Mon - Fri	10:30am - 11:00am
Aug 14 - Aug 25	Mon - Fri	10:00am - 10:30am



## Salamander (3 to 5 years)

Children will learn assisted floats and glides, through games and songs. The fun includes learning to jump into chest deep water.

June 6 - June 29	Tue & Thu Evenings	5:00pm - 5:30pm
July 3 - Aug 28	Mon Evenings	7:00pm - 7:30pm
July 3 - July 14	Mon - Fri	9:30am - 10:00am
July 17 - July 28	Mon - Fri	10:30am - 11:00am
July 31 - Aug 11	Mon - Fri	9:00am - 9:30am
Aug 14 - Aug 25	Mon - Fri	10:30am - 11:00am



## Sunfish (3 to 5 years)

Preschoolers work on stroke and skills progression. Learning also focuses on good judgment in, on and around the water, entries and floats in deep water.

June 6 - June 29	Tue & Thu Evenings	5:30pm - 6:00pm
July 3 - Aug 28	Mon Evenings	6:30pm - 7:00pm
July 3 - July 14	Mon - Fri	10:00am - 10:30am
July 17 - July 28	Mon - Fri	9:30am - 10:00am
July 31 - Aug 11	Mon - Fri	10:30am - 11:00am
Aug 14 - Aug 25	Mon - Fri	9:00am - 9:30am



## Crocodile (3 to 5 years) / Whale (3 to 5 years)

**Crocodile:** The beginning of independent glides and kicking in deep water happen in Crocodile. Endurance is built through longer front and back swims. Swimmers learn about dolphin kicks and try synchro skills in the water.

**Whale:** Children will learn to swim independently to increase their distance and improve skills in both front and back swims.

July 3 - Aug 28	Mon Evenings	7:30pm - 8:00pm
July 3 - July 14	Mon - Fri	9:00am - 9:30am
July 17 - July 28	Mon - Fri	9:00am - 9:30am
July 31 - Aug 11	Mon - Fri	9:30am - 10:00am
Aug 14 - Aug 25	Mon - Fri	9:30am - 10:00am

## Swim Kids - Level 1

*Please note: Swim Kids now begins at 5 years*

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. Introduces floats and glides with kicks. Children build their endurance by improving distance.

June 6 - June 29	Tue & Thu Evenings	4:30pm - 5:00pm
July 3 - Aug 28	Mon Evenings	6:30pm - 7:00pm 7:00pm - 7:30pm
July 3 - July 14	Mon - Fri	9:00am - 9:30am 9:30am - 10:00am 10:00am - 10:30am
July 17 - July 28	Mon - Fri	9:30am - 10:00am 10:30am - 11:00am
July 31 - Aug 11	Mon - Fri	9:00am - 9:30am 9:30am - 10:00am
Aug 14 - Aug 25	Mon - Fri	9:30am - 10:00am

## Swim Kids - Level 2

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 assisted aids.

June 6 - June 29	Tue & Thu Evenings	4:00pm - 4:30pm
July 3 - Aug 28	Mon Evenings	6:00pm - 6:30pm
July 3 - July 14	Mon - Fri	9:30am - 10:00am
July 17 - July 28	Mon - Fri	9:00am - 9:30am 10:00am - 10:30am
July 31 - Aug 11	Mon - Fri	9:00am - 9:30am
Aug 14 - Aug 25	Mon - Fri	9:00am - 9:30am 10:30am - 11:00am

## Swim Kids - Level 3

This level provides and introduction to front crawl and diving. Children will work on floats and changing direction in the water. Endurance is achieved by building strength in flutter kicking and a 15 metre swim.

June 6 - June 29	Tue & Thu Evenings	4:00pm - 4:30pm 5:00pm - 5:30pm
July 3 - Aug 28	Mon Evenings	7:00pm - 7:30pm
July 3 - July 14	Mon - Fri	10:30am - 11:00am
July 17 - July 28	Mon - Fri	9:00am - 9:30am 10:00am - 10:30am
July 31 - Aug 11	Mon - Fri	10:30am - 11:00am

**Register for Splash Island  
Swimming Lessons**

**beginning April 3rd online [StridePlace.ca](https://StridePlace.ca) at 8:30am  
& in-person at 5:00pm Stride Place Reception**

(Please feel free to contact the PRRA to insure your family is signed up for online registration before April 3rd)

# RED CROSS AQUATIC PROGRAMS (6+ YEARS)

Aug 14 - Aug 25 Mon - Fri 10:00am - 10:30am

## Swim Kids - Level 4

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.

June 6 - June 29	Tue & Thu Evenings	4:00pm - 4:30pm 5:30pm - 6:00pm
July 3 - Aug 28	Mon Evenings	7:30pm - 8:00pm
July 3 - July 14	Mon - Fri	9:00am - 9:30am 10:00am - 10:30am
July 17 - July 28	Mon - Fri	9:30am - 10:00am 10:30am - 11:00am
July 31 - Aug 11	Mon - Fri	10:00am - 10:30am
Aug 14 - Aug 25	Mon - Fri	10:30am - 11:00am

## Swim Kids - Level 5

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

June 6 - June 29	Tue & Thu Evenings	5:00pm - 5:30pm
July 3 - Aug 28 (5 & 6 Class)	Mon Evenings	7:30pm - 8:00pm
July 3 - July 14	Mon - Fri	9:30am - 10:00am 10:30am - 11:00am
July 17 - July 28	Mon - Fri	9:00am - 9:30am
July 31 - Aug 11	Mon - Fri	9:30am - 10:00am 10:30am - 11:00am
Aug 14 - Aug 25	Mon - Fri	9:00am - 9:30am

## Swim Kids - Level 6

Front & 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.

June 6 - June 29	Tue & Thu Evenings	4:30pm - 5:00pm
July 3 - Aug 28 (5 & 6 Class)	Mon Evenings	7:30pm - 8:00pm
July 3 - July 14	Mon - Fri	9:00am - 9:30am 10:30am - 11:00am
July 17 - July 28	Mon - Fri	9:30am - 10:00am
July 31 - Aug 11	Mon - Fri	10:00am - 10:30am
Aug 14 - Aug 25	Mon - Fri	9:30am - 10:00am

## Swim Kids - Level 7 & 8

**Level 7:** Building 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. **Level 8:** 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 on the dolphin kick and 300-metre swim.

June 6 - June 29	Tue & Thu Evenings	4:30pm - 5:15pm
July 3 - Aug 28	Mon Evenings	7:00pm - 7:45pm
July 3 - July 14	Mon - Fri	9:45am - 10:30am
July 17 - July 28	Mon - Fri	9:00am - 9:45am

### Lesson Rates

Red Cross Swim Pre-school	\$67.00
Red Cross Swim Kids Levels 1-6	\$67.00
Red Cross Swim Kids Levels 7-10	\$73.00
Teen/Adult 1	\$80.00
Strokes 1 (SK4 - SK6)	\$67.00
Strokes 2 (SK7 - SK10)	\$73.00

\*2017 Prices \*GST Included

31 - Aug 11 Mon - Fri 9:00am - 9:45am

## Swim Kids - Level 9 & 10

**Level 9:** Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first surface dives and standing dives and learn about wise choices, peer influences.

**Level 10:** Further refinement of strokes, with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. 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 butterfly drills and a 500-metre swim.

June 6 - June 29	Tue & Thu Evenings	5:15pm - 6:00pm
July 3 - Aug 28	Mon Evenings	6:00pm - 6:45pm
July 3 - July 14	Mon - Fri	9:00am - 9:45am
July 17 - July 28	Mon - Fri	9:45am - 10:30am
Aug 14 - Aug 25	Mon - Fri	9:30am - 10:15am

## Strokes - 1 & 2

This course is designed for a child experiencing difficulty completing the swim kids levels. Classes focus on refining the strokes and improving the cardio vascular fitness endurance a child needs to progress to the next level.

### Strokes 1 & 2:

June 6 - June 29	Tue & Thu Evenings	5:30pm - 6:00pm
Aug 14 - Aug 25	Mon - Fri	9:00am - 9:30am

## Leadership Course Information

### NLS Classes:

June 9 & June 23	Friday Evening	4:00pm - 10:00pm
June 10, 11, 24 & 25	Sat & Sun	9:00am - 6:00pm

### National Lifeguard Service (NLS)

NLS builds on the skills, knowledge and values that the Lifesaving Society teaches in its Pre-Bronze and Bronze Medal awards to develop the practical skills and knowledge required by lifeguards. Recognized as the standard measure of lifeguard performance in Canada, NLS education is designed to develop a sound understanding of life guarding principles, good judgment, and a mature and responsible attitude toward the role of the lifeguard.

**Required to lifeguard in MB at 16 years of age. Prerequisite: Bronze Cross, Standard First Aid level C CPR and minimum of 16 years of age.**



**REMEMBER THIS SUMMER:  
WEARING A LIFE JACKET SAVE LIVES  
NO MATTER WHAT AGE YOU ARE!**

## UNSURE OF WHAT CLASS TO REGISTER FOR?

Contact the PRRA at 204-857-7772 to arrange a FREE SWIM ASSESSMENT to evaluate your child.