

Red Cross Preschool Levels

1. STARFISH (4 to 12 months)

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, and songs and play in the water.

2. DUCK (12 TO 23 MONTHS)

For toddlers or older babies with a parent or caregiver. Toddlers build confidence while enjoying the water through games, songs and active water play.

3. SEA TURTLE (24 MONTHS TO 3+ YEARS)

A level for preschoolers and their parents. This level develops skills in swimming, glides, and floating and builds awareness of deep water and safe entries.

4. SEA OTTER (3 TO 5 YEARS) (swimmers must be at least 3 years old when the session starts to register in this level)

For beginners to swimming, participating *without* a parent. This level is an introduction to skills in swimming, glides, and floating and builds awareness of deep water and safe entries. Children will learn to glide *independently* on their front in this level and must be comfortable with this skill in order to be registered in Salamander. Some skills are performed without goggles.

5. SALAMANDER (3 TO 5 YEARS) (must have completed Sea Otter or equivalent)

Preschoolers must be able to swim independently on their front (face in the water) to register in this level. Swimmers actively learn new swimming skills including unassisted floats and glides through games and songs. The fun includes learning to jump into chest deep water. Some skills are performed without goggles.

6. SUNFISH (3 TO 5 YEARS) (must have completed Salamander or equivalent)

Preschoolers must be able to swim independently on both front AND back to register in this level. Swimmers will work on increasing their independent swimming distances using an effective kick. Learning also focuses on good judgement in, on and around the water. Entries and floats in deep water are introduced. Some skills are performed without goggles.

7. CROCODILE (3 TO 5 YEARS) (must have completed Sunfish or equivalent)

Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Swimmers practice surface support and 'big arms' in preparation for front crawl. Some skills are performed without goggles.

8. WHALE (3 TO 5 YEARS) (must have completed Crocodile or equivalent)

In Whale, children will learn to swim independently and focus on staying safe around the water. Preschoolers will increase their distance and improve skills in front and back swims. Swimmers also learn about throwing assists to help another person in the water. The co-ordination of front crawl ('big arm' and breathing) is introduced in this level. Some skills are performed without goggles.