

The Canadian Red Cross Society and the Lifesaving Society swim programs are offered with an emphasis on safety, fun and progressive skill development. Highly trained, certified instructors teach a balanced program of swimming and water safety skills which allow each participant to reach their personal best.

**If you are unsure of the level to select, ask for a free evaluation at any City of Winnipeg pool during public swim.**

Red Cross Preschool: 6 months - 5 years Participants must be minimum age by course start date.			
Level	Prerequisites	Summary of Skills Taught	Class Length
<b>Starfish &amp; Duck &amp; Sea Turtle</b>	For children 6 to 36 months accompanied in the water by a parent/guardian	A structured water orientation program with games, songs and play, focusing on buoyancy, movement, and safe water entry.	30 minutes
<b>Sea Otter</b>	For children 3 to 5 years progressing towards participating without a parent or guardian. The instructor will determine when the parent/guardian is no longer required in the water.	With assistance, the child will float and glide on their front and back, and jump into shallow water. Child will open eyes under water and blow bubbles.	30 minutes
<b>Salamander</b>	For children 3 to 5 years who have completed Sea Turtle prior to January 2011 or Sea Otter	Independent and assisted floats on front and back, gliding with kicking on front and back, roll-over float and glide, jump entry into chest deep water, and a distance swim of 2m.	30 minutes
<b>Sunfish</b>	For children 3 to 5 years who have completed Salamander	Front and back floats in deep water, front swim 5 m., jump entry into deep water with assistance, and a distance swim of 5m.	30 minutes
<b>Crocodile</b>	For children 3 to 5 years who have completed Sunfish	Front and back swim 5m, jump into deep water independently, use a PFD in deep water, and a distance swim of 10m.	30 minutes
<b>Whale</b>	For children 3 to 5 years who have completed Crocodile	Front and back swim 10m, throwing assists to help someone else in the water, and a distance swim of 15m.	30 minutes

Red Cross Swim Kids: 6 years and up Participants must be minimum age by course start date.			
Level	Prerequisites	Summary of Skills Taught	Class Length
<b>Level 1</b>	For children 6 years and older that are beginner swimmers or have previously completed Sea Turtle (prior to January 2011) or Sea Otter or Salamander	Submerge head and exhale through mouth/nose, front and back floats, front and back glides with kicking, assisted roll-over glides, front swim 5m, and a distance swim of 5m.	30 minutes
<b>Level 1 Premium</b>	For children 6 years and older that are beginner swimmers or have previously completed Sea Turtle (prior to January 2011) or Sea Otter or Salamander This is a smaller class with a lower student to teacher ratio	Submerge head and exhale through mouth/nose, front and back floats, front and back glides with kicking, assisted roll-over glides, front swim 5m, and a distance swim of 5m.	30 minutes
<b>Level 2</b>	For children 6 years and older who have completed Level 1 or Sunfish	Front, back, side, and roll-over glides with flutter kick; front swim 5m; assisted deep water activities; distance swim of 10m; and an introduction to the use of a PDF/Lifejacket.	30 minutes

**Red Cross Swim Kids: 6 years and up**  
 Participants must be minimum age by course start date.

Level	Prerequisites	Summary of Skills Taught	Class Length
<b>Level 2 Premium</b>	For children 6 years and older who have completed Level 1 or Sunfish This is a smaller class with a lower student to teacher ratio	Front, back, side, and roll-over glides with flutter kick; front swim 5m; assisted deep water activities; distance swim of 10m; and an introduction to the use of a PDF/Lifejacket.	30 minutes
<b>Level 3</b>	For children 6 years and older who have completed Level 2, Crocodile or Whale	Front glide/side glide combination, front swim 10m, independent deep water floats, sitting dive, distance swim of 15m, and water safety information on when and where to swim.	30 minutes
<b>Level 3 Premium</b>	For children 6 years and older who have completed Level 2, Crocodile or Whale This is a smaller class with a lower student to teacher ratio	Front glide/side glide combination, front swim 10m, independent deep water floats, sitting dive, distance swim of 15m, and water safety information on when and where to swim.	30 minutes
<b>Level 4</b>	For children 6 years and older who have completed Level 3	Front crawl 10m, kneeling dive, distance swim of 25m, surface support for 45 seconds, and how to contact EMS.	30 minutes
<b>Level 4 Premium</b>	For children 6 years and older who have completed Level 3 This is a smaller class with a lower student to teacher ratio	Front crawl 10m, kneeling dive, distance swim of 25m, surface support for 45 seconds, and how to contact EMS.	30 minutes
<b>Level 5</b>	For children 6 years and older who have completed Level 4	Front and back crawl 15m, whip kick on back, tread water 1 minute, stride dive, distance swim of 50m, and safe boating information.	45 minutes
<b>Level 5 Premium</b>	For children 6 years and older who have completed Level 4 This is a smaller class with a lower student to teacher ratio	Front and back crawl 15m, whip kick on back, tread water 1 minute, stride dive, distance swim of 50m, and safe boating information.	45 minutes
<b>Level 6</b>	For children 6 years and older who have completed Level 5	Front and back crawl 25m, elementary back stroke 15m, tread water for 1 ½ minutes, front dive, distance swim of 75m, recognition of a swimmer in difficulty, and throwing assists.	45 minutes
<b>Level 6 Premium</b>	For children 6 years and older who have completed Level 5 This is a smaller class with a lower student to teacher ratio	Front and back crawl 25m, elementary back stroke 15m, tread water for 1 ½ minutes, front dive, distance swim of 75m, recognition of a swimmer in difficulty, and throwing assists.	45 minutes
<b>Level 7</b>	For children 6 years and older who have completed Level 6	Front and back crawl 50m, elementary back stroke 25m, front skull 15m, whip kick on front 15m, tread water for 3 minutes, distance swim of 150m, recognition and treatment of a choking person, and reaching and throwing assists to a swimmer in difficulty.	45 minutes
<b>Level 7 Premium</b>	For children 6 years and older who have completed Level 6 This is a smaller class with a lower student to teacher ratio	Front and back crawl 50m, elementary back stroke 25m, front skull 15m, whip kick on front 15m, tread water for 3 minutes, distance swim of 150m, recognition and treatment of a choking person, and reaching and throwing assists to a swimmer in difficulty.	45 minutes

**Red Cross Swim Kids: 6 years and up**  
 Participants must be minimum age by course start date.

Level	Prerequisites	Summary of Skills Taught	Class Length
<b>Level 8</b>	For children 6 years and older who have completed Level 7	Front and back crawl 75m, elementary back stroke 25m, breast stroke 15m, surface dive, distance swim of 300m, rescue breathing for a child and adult, and recognition and treatment of hypothermia.	45 minutes
<b>Level 8 Premium</b>	For children 6 years and older who have completed Level 7 This is a smaller class with a lower student to teacher ratio	Front and back crawl 75m, elementary back stroke 25m, breast stroke 15m, surface dive, distance swim of 300m, rescue breathing for a child and adult, and recognition and treatment of hypothermia.	45 minutes
<b>Level 9</b>	For children 6 years and older who have completed Level 8	Front and back crawl 100m, elementary back stroke 50m, breast stroke 25m, swimming using legs only for 3 minutes, distance swim of 400m, and safe boating guidelines are reviewed.	45 minutes
<b>Level 9 Premium</b>	For children 6 years and older who have completed Level 8 This is a smaller class with a lower student to teacher ratio	Front and back crawl 100m, elementary back stroke 50m, breast stroke 25m, swimming using legs only for 3 minutes, distance swim of 400m, and safe boating guidelines are reviewed.	45 minutes
<b>Level 10</b>	For children 6 years and older who have completed Level 9	Breast stroke 50m, sidestroke, and surface dive with underwater swim of 2m, distance swim of 500m, ice rescue and drowning information.	45 minutes
<b>Level 10 Premium</b>	For children 6 years and older who have completed Level 9 This is a smaller class with a lower student to teacher ratio	Breast stroke 50m, sidestroke, and surface dive with underwater swim of 2m, distance swim of 500m, ice rescue and drowning information.	45 minutes

## Teen and Adult Programs

Level	Prerequisites	Summary of Skills Taught	Class Length
<b>Swim Basics1 for Teens</b>	For individuals 10-17 year of age; no previous swimming experience is required.	Basic floatation, movement and breathing skills and an introduction to swim strokes. Course will be primarily in the shallow end.	30 or 45 minutes
<b>Swim Basics 2 for Teens</b>	For individuals 10-17 years of age with basic swim skills	Course focus on developing the front and back crawl, establishing comfort in deep end and increase swim distance.	30 or 45 minutes
<b>Swim Strokes for Teens</b>	For individuals 10-17 years of age with the ability to swim 15m front crawl and 15m back crawl. Participants must be willing to enter deep water.	Refine strokes and improve cardiovascular fitness and endurance. The focus is on proficiency and increased endurance.	30 or 45 minutes
<b>Swim Basics1 for Adults</b>	For adults; no previous swimming experience is required.	Basic floatation, movement and breathing skills and an introduction to swim strokes. Course will be primarily in the shallow end.	30 or 45 minutes
<b>Swim Basics 2 for Adults</b>	For adults with basic swim skills	Course focus on developing the front and back crawl, establishing comfort in deep end and increase swim distance.	30 or 45 minutes
<b>Swim Strokes for Adults</b>	For adults with the ability to swim 15m front crawl and 15m back crawl. Participants must be willing to enter deep water.	Refine strokes and improve cardiovascular fitness and endurance. The focus is on proficiency and increased endurance.	30 or 45 minutes

## Lifesaving Society Programs

focus on safety in aquatic activities and prepare rescuers in aquatic emergencies

<b>Rookie/ Ranger Patrol</b>	Completion of Red Cross Swim Kids Level 8 or equivalent ability	Timed 100m-200m swim, 350m workouts, skill drills including swim with clothes, and rescue with a buoyant aid. Emphasis on developing swimming strength and efficiency and personal responsibility for "Water Smart" behaviour.	60 minutes
<b>Star Patrol</b>	Completion of Red Cross Swim Kids Level 9 or equivalent ability	Timed 300m swim, 600m workouts, develop lifesaving judgement for airway and bleeding emergencies.	60 minutes
<b>Bronze Star</b>	Completion of Red Cross Swim Kids Level 10 or equivalent ability	Timed 400m swim; learn CPR; and further develop emergency recognition and response, as individuals and with partners.	90 minutes
<b>Bronze Medallion</b>	Completion of Bronze Star <u>or</u> 13 years of age	Timed 500m swim; rescuers learn tows, carries, and defence and release methods in preparation for challenging rescues involving conscious and unconscious persons; CPR for an adult and child.	180 minutes
<b>Bronze Cross</b>	Completion of Bronze Medallion	Timed 600m swim; assessment of a conscious and unconscious person; increasingly complex rescues including rescues of two or more victims; CPR for an adult, child and infant.	180 minutes

