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Taking a Swimming



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Class. Whether you're only in, on, or around the water in the summer, you live near the beach or have a pool, you want to swim for exercise or pleasure, already know the basics or are beginning anew, the Red Cross offers swim

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classes for people of all ages and abilities. Designed for all levels, classes allow swimmers to develop good habits in, on, and near water, become comfortable in the water, learn and refine new strokes, and become

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Classes & Training |  
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habit; you can develop this need to be such an engaging way. Yeah, reading craving will not be abandoned make you have any favourite activity. It will be one of the counsel of your life. later reading has become a habit, you will not create

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swimming  
experience and can  
perform front swim  
10 metres  
comfortably.  
Swimmers learn  
back swim with

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Shoulder roll, front  
and back crawl  
(15m), sitting dive,

kneeling dive,

stride dive and

front dive, treading

water, and swim a

minimum distance

of 25 metres.

Red Cross Swim

Program Guide -

JOIN Ottawa

front dive, treading



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Guide  
water, and swim a  
minimum distance  
of 25 metres. Red  
Cross Swim Strokes  
Able to swim front  
crawl at least 15  
metres

continuously, back  
crawl 15 metres  
and is comfortable  
swimming in deep  
water. Swimmers  
choose the  
stroke(s) they wish

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to focus on.  
Participation-based  
program with  
individual goals.  
Red Cross Swim  
Sports water. If  
participant can not

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Adults ...

Program Level  
Registration Guide

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## Red Cross Swim Preschool Guide

Placement in Red Cross Swim programs depends on many variables including age, skill proficiency, previous experience and readiness. The following chart is a guide only. Level Participant

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requirement to  
register In this  
level. Red Cross  
Swim Preschool  
-Starfish.

Program Level  
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Preschool  
Placement in Red  
Cross Swim  
programs depends  
on many variables

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including age, skill proficiency, previous experience and readiness. The following chart is a guide only. Level Participant requirement to register In this level Red Cross Swim Kids Level 1. At least 5 years of age, no previous

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

Program Level  
Registration Guide

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The Canadian Red Cross teaches swimming lessons to over a million Canadians every year. Learn how to swim with our nationally recognized program today.

Red Cross Swim

*Page 23/40*

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Red Cross Swim for Adults & Teens Red Cross Swim Basics is a two-level learn-to-swim program for adults and teens. Red Cross Swim Strokes is a stand-alone stroke development program for adults and teens, and for



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Swim Program

Swim Kids

who require

additional work on

a stroke to

complete the level.

Red Cross Swim

Sports is a stand-

alone sampler of

various aquatic

sports for adults

and teens.

Swimming Lessons

*Page 25/40*

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## Canadian Red Cross Swim Program Guide

As in 2019,  
facilities that also  
teach the American  
Red Cross  
Lifeguarding  
Program receive a  
discount. Please  
see the chart below  
for additional  
details: 2020  
estimated  
enrollees

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Learn-to-Swim  
Program

Enrollment Form |  
Red Cross

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Cross The British  
Red Cross Society,  
incorporated by  
Royal Charter  
1908, is a charity  
registered in  
England and Wales  
(220949), Scotland

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Get help as a  
refugee or asylum  
seeker | British Red  
Cross

The Red Cross  
offers swimming  
lessons for kids  
throughout the  
country, making it  
easy to find one  
that suits your

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needs and your schedule. Visit our Learn-to-Swim page to find a facility near you or contact your local pool and ask for Red Cross swim lessons.

Swimming Lessons  
for Kids | Learn to  
Swim | Red Cross  
Volunteer with us

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and get back a  
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whole lot more  
than you give.

Meet new people,  
gain new skills and  
help your  
community. This  
page is available in  
Welsh (Cymraeg).  
However much  
time you have and  
whatever your  
experience, there  
are lots of UK

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Each Swim Kids  
Level 1 swimmer  
will learn a series

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Swim Program, safe

entries, and exits

into the pool such

as jumping into

chest deep water,

exhaling

underwater, and

learning to hold

breath. Swimmers

experience an

intensive

swimming

progression

introducing each

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Swimmer to the  
basics of floating  
and gliding skills.  
Swim Kids Level 2:

10 Levels Swim  
Kids Program - Red  
Cross - TAC  
Aquatics ...

Get the most out of  
Red Cross swim  
lessons with the  
Swim App. Created  
as a companion to

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the newly-updated  
Learn-to-Swim  
program (including  
Preschool  
Aquatics), this app  
will help you keep  
your...

Swim - American  
Red Cross - Apps  
on Google Play  
RED CROSS  
PRESCHOOL SWIM  
PROGRAM In this

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program, children 4 months to 6 years discover the joys of swimming in a safe, caring and professional environment. Red Cross Preschool Swim is specifically designed for our youngest students beginning with our parent and tot levels.

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Red Cross Swim -  
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Welcome to the  
Aqua Kids Swim  
Family!

Get the most out of  
Red Cross swim  
lessons with the  
Swim App. Created  
as a companion to  
the newly-updated  
Learn-to-Swim  
program (including  
Preschool

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Aquatics), this app will help you keep your swimmer motivated, while providing you the latest in water safety guidance to help ensure your family stays safe in, on and around the water.

Features: □ Reward and share your swimmer's

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