

LPAA Swimming Program Details: Sunnyview PS:

Preschool (Ages 3-5) and Levels 1-5 (Ages 6 and above)

Days: Tuesdays, Wednesdays and Thursdays

Times: 4.15; 4.45; 5.15; 5.45; and 6.15 (30 minute lessons)

The LPAA Swim program follows the new guidelines of the Canadian Red Cross Swim program, featuring two exciting Swimming and Water Safety programs for your children.

<p>Red Cross Swim: Preschool (for children ages 3-5 years) This program allows your children to take lessons based on their age and abilities. Each level is built around an aquatic species theme and has its own mascot, which makes learning engaging and fun for young children. Assisted by an Instructor, preschoolers work on stroke and skills progressions. Learning also focuses on good judgment in, on and around the water, and entries and floats in deep water.</p>		
<p>Red Cross Swim Preschool – Sea Turtle At successful completion of this level, swimmers will be able to:</p> <ul style="list-style-type: none"> - Enter & Exit the pool safely - Jump into chest-deep water (assisted) - Front float 3 sec (assisted) - Back float 3 sec (assisted) - Basic kick on front (assisted) - Front swim (assisted) <p>Note: There is no pre-requisite for this level.</p>	<p>Red Cross Swim Preschool– Sea Otter At successful completion of this level, swimmers will be able to:</p> <ul style="list-style-type: none"> - Front float for 3 seconds (assisted) - Back float for 3 seconds (assisted) - Front glide for 3 seconds (independently) - Back glide for 3 seconds (assisted) - Front swim for 1 metres (assisted) 	<p>Red Cross Swim Preschool – Salamander At successful completion of this level, swimmers will be able to:</p> <ul style="list-style-type: none"> - Jump into chest deep water (without goggles) - Open eyes underwater (without goggles) - Front & back float for 3 seconds (unassisted and without goggles) - Front glide for 2 metres (unassisted) - Front swim for 2 metres (unassisted with face in water)
<p>If your child has successfully completed Salamander, he/she should be placed in the Swim Kids program. For more information regarding appropriate placement, please contact Sofia Johan.</p>		

<p>Red Cross Swim Kids (for 5-year-old children and older) This 10-level program for school aged children will help swimmers develop all five swimming strokes (front and back crawl, elementary back stroke, breast stroke, sidestroke), actively learn how to be safe around the water, and increase their fitness and endurance through fun activities. Children will be challenged to achieve personal bests in distance and time, which will be a strong motivator through all 10 levels.</p>		
<p>Red Cross Swim Kids: Level 1 (Age 5 and older) This is the entry level for any child who can swim and may not have taken the Red Cross Swim Preschool lessons. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks. Swimmers build their endurance by improving distance. At successful completion of this level, a child will be able to perform:</p> <ul style="list-style-type: none"> - Shallow water entries/exits - Submerge head and blow bubbles - Front glide with kick for 5 metres - Back glide with kick for 3 sec - Rollover glide for 5 sec (assisted) - Distance swim of 5 metres 	<p>Red Cross Swim Kids: Level 2 A second orientation level which helps the child build skills in front and back swims. Swimmers are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides. At successful completion of this level, a child will be able to perform:</p> <ul style="list-style-type: none"> - Deep water activities (assisted) - Front glide with kick for 10 metres - Back glide with flutter kick for 5 metres - Flutter kick for 5 metres - Distance swim of 10 metres 	<p>Red Cross Swim Kids: Level 3 This level provides an introduction to front crawl as well the foundation for making wise choices on where and when to swim. Diving is introduced and swimmers will work on deep water activities. Endurance is achieved by building strength in flutter kick and a 10-metre swim. At successful completion of this level, a child will be able to perform:</p> <ul style="list-style-type: none"> - Deep end floats for 5 sec (without goggles) - Front glide with kick for 10 metres - Back glide with flutter kick for 10 metres - Side glide with flutter kick for 10 metres - Front swim for 10 metres - Distance swim of 10 metres
<p>Red Cross Swim Kids: Level 4 Front crawl, back glide and shoulder roll for back crawl are further developed. Swimmers work on kneeling dives, treading water and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25-metre swim. At successful completion of this level, a child will be able to perform:</p> <ul style="list-style-type: none"> - Deep water treading for 45 seconds - Kneeling dives - Front crawl for 10 metres - Back glide with flutter kick for 15 metres - Distance swim of 25 metres 	<p>Red Cross Swim Kids: Level 5 Back crawl is introduced, along with sculling skills and whip kick on the back. Swimmers try stride dives receive an introduction to safe boating skills. Endurance is developed through flutter kick drills and a 50-metre swim. At successful completion of this level, a child will be able to perform:</p> <ul style="list-style-type: none"> - Deep water treading for 1 min - Stride dives and disorienting entries - Front crawl for 15 metres - Back crawl for 15 metres - Introduction to whip kick on back for 10 metres - Distance swim of 50 metres 	

LPAA Swimming Program Details: Glenview PS:

Levels 6-10 (Ages 5 and above)

Day: Friday

Times: 5.00; 5.40; and 6.20 (40 minute lessons)

<p>Red Cross Swim Kids: Levels 6-10 This section of the 10-level program for school aged children will help swimmers develop all five swimming strokes (front and back crawl, elementary back stroke, breast stroke, sidestroke), actively learn how to be safe around the water, and increase their fitness and endurance through fun activities. Children will be challenged to achieve personal bests in distance and time, which will be a strong motivator through all 10 levels.</p>		
<p>Red Cross Swim Kids: Level 6 Front and back crawl continue to be refined, while the elementary backstroke is newly introduced. Swimmers are also introduced to ice and boating safety, elementary victim recognition and rescue, treading water and the front dive. Endurance is built through a 75- metre swim. At successful completion of this level, a child will be able to perform:</p> <ul style="list-style-type: none"> - Deep water treading for 1.5 min - Front dive - Front crawl for 25 metres - Back crawl for 25 metres - Elementary back stroke for 15 metres - Head-first sculling on back for 10 metres - Distance swim of 75 metres 	<p>Red Cross Swim Kids: Level 7 Level 7 continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Swimmers learn about airway obstructions and choking, and participate in timed treading water for increasing endurance. Endurance is built through timed treading water and a 150-metre swim. At successful completion of this level, a child will be able to perform:</p> <ul style="list-style-type: none"> - Victim rescues from dry land - Front crawl for 50 metres - Back crawl for 50 metres - Elementary back stroke for 25 metres - Whip kick on front for 15 metres - Dolphin kick for 15 metres - Distance swim of 150 metres 	<p>Red Cross Swim Kids: Level 8 Level 8 provides an introduction to breaststroke, foot first surface dives, and shallow dives. Swimmers learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults. Endurance is built through treading water and a 300-metre swim. At successful completion of this level, a child will be able to perform:</p> <ul style="list-style-type: none"> - Rescue breathing for adult and child victims - Front crawl for 75 metres - Back crawl for 75 metres - Elementary back stroke for 25 metres - Breast stroke for 15 metres - Tread water for 3 min - Distance swim of 300 metres
<p>Red Cross Swim Kids: Level 9 Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level swimmers are introduced to sidestroke kick (scissor kick). They also work on head-first shallow dives and learn about wise choices, peer influences, and self-rescue from ice. Endurance is built through a 400-metre swim. At successful completion of this level, a child will be able to perform:</p> <ul style="list-style-type: none"> - Self rescue from ice - Front crawl for 100 metres - Back crawl for 100 metres - Elementary back stroke for 50 metres - Breast stroke for 25 metres - Distance swim of 400 metres 	<p>Red Cross Swim Kids: Level 10 Further refinement of strokes along with the introduction to sidestroke. Swimmers learn about sun safety, rescue of others from the ice, and head-first and feet-first surface dives. Endurance is built using vertical dolphin kick and a 500-metre swim. At successful completion of this level, a child will be able to perform:</p> <ul style="list-style-type: none"> - Head and foot-first surface dives with underwater swim - Front crawl for 100 metres - Back crawl for 100 metres - Elementary back stroke for 50 metres - Breast stroke for 50 metres - Sidestroke for 25 metres - Distance swim of 500 metres 	

Next Steps: Children who have completed Level 10 are eligible to begin the Lifesaving Society's Swim Patrol Program. For more information, contact Sofia Johan.