

RED CROSS AQUATIC PROGRAMS

June 5 - June 28

Splash Island

Tuesday & Thursday Evenings (4 Weeks, 8 Classes)				
5:30pm	Sea Otter	Salamander	SK 2	SK 1
6:00pm	SK 7/8	SK 3	Sea Turtle	Starfish/Duck
6:30pm	Sea Otter	SK 1	SK 2	
6:45pm	SK 9/10			
7:00pm	SK 4	Salamander	Sunfish	
7:30pm	Croc/Whale	SK 5	SK 3	SK 6



STARFISH/DUCK

(4 to 30 months)
Parented An introductory class for babies and their parent or caregiver. Must be able to hold their head up. / A parented program which helps build confidence while enjoying the water through games, songs and active water play.

July 2 - July 13

Splash Island

Monday to Friday Mornings (2 Weeks)				
9:00am	Croc/Whale	SK 4	SK 9/10	
9:30am	SK 3	SK 5	SK 2	
9:45am	SK 7/8			
10:00am	SK 6	Sea Otter	Sea Turtle	
10:30am	SK 4	SK 1	SK 5	Salamander
11:00am	Sea Otter	SK 2	Sunfish	SK 1
11:30am	PRIVATE			



SEA TURTLE

(24 to 36 months) Parented (3 to 5 years)
Transitional This is a transitional level for preschoolers and their parents or entry level for children who have never taken lessons. Parents can gradually transfer the preschoolers to the care of the instructor. This level develops skills in swimming, glides and floating.

July 2 - August 20

Splash Island

Monday Evenings (8 Weeks, 8 Classes)				
6:00pm	Sea Otter	SK 9/10	SK 2	Starfish/Duck
6:30pm	SK 1	Sea Turtle	Sunfish	
7:00pm	Salamander	SK 7/8	SK 3	SK 1
7:30pm	SK 4	Croc/Whale	SK 5/6	



SEA OTTER

(3 to 5 years of age)
Transitional Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills. Transitional level that transfers the preschooler to the care of the instructor.

July 16 - July 27

Splash Island

Monday to Friday Mornings (2 Weeks)				
9:00am	Croc/Whale	SK 1	SK 4	SK 9/10
9:30am	SK 3	SK 5	SK 2	
9:45am	SK 7/8			
10:00am	SK 6	Sea Otter	Sea Turtle	
10:30am	SK 4	Starfish/Duck	SK 5	Salamander
11:00am	Sea Otter	SK 2	Sunfish	SK 1



SALAMANDER

(3 to 5 years)
Un-Parented Preschoolers actively learn new swimming skills including assisted floats and glides through games and song. Learns to jump into chest deep water.

July 16 - July 20

Splash & Shindleman

Monday - Friday 1 WEEK ACCELERATED (2x a day)				
9:00/3:00	Salamander	Sunfish	SK 1	SK 5
9:30/3:30	SK 3	SK 1	Croc/Whale	Sea Otter
10:00/4:00	SK 4	SK 6	SK 9/10	SK 2
10:30/4:30	Sea Turtle	SK 2	SK 1	



SUNFISH

(3 to 5 years)
Un-Parented Assisted by an instructor, preschoolers work on stroke and skill progression. Focuses on good judgment in, on and around the water. Includes entries and floats in deep water.

August 7 - August 10

Splash & Shindleman

Tuesday - Friday 1 WEEK ACCELERATED (2x a day)				
9:00/3:00	Salamander	Sunfish SK 1	SK 5	
9:30/3:30	SK 3	SK 1	Croc/Whale	Sea Otter
10:00/4:00	SK 4	SK 6	SK 9/10	SK 2
10:30/4:30	Sea Turtle	SK 2	SK 1	



CROCODILE/WHALE

(3 to 5 years)
Un-Parented Preschoolers start independent glides and kicking in deep water. Endurance is built through increasing distance for front and back swims. Learns the dolphin kick and synchronized swimming skills. Will increase their distance and improve their skills in front and back swims.

OFFERING ONE WEEK LESSONS IN JULY & AUGUST!

REGISTRATION BEGINS Online Tuesday May 15th at 8:30am & In Person Wednesday May 16th at 8:30am Stride Place Reception

RED CROSS AQUATIC PROGRAMS

July 10 - August 2 Shindleman Tuesday & Thursday Evenings (2 Weeks)

5:30pm	Salamander	SK 4	SK 2
6:00pm	SK 3	SK 7/8	SK 5
6:30pm	SK 6	Sea Otter	

July 30 - August 10 Splash Island Monday to Friday Mornings (2 weeks)

9:00am	SK 2	SK 3	SK 7/8
9:30am	SK 5	Croc/Whale	
10:00am	Sea Turtle	SK 2	Sea Otter
10:30am	Sunfish	SK 6	Starfish/Duck
11:00am	SK 1	Salamander	SK 4

August 13 - August 24 Splash Island Monday to Friday Mornings (2 Weeks)

9:00am	SK 2	SK 5	Strokes
9:30am	SK 6	Croc/Whale	SK 1
10:00am	Starfish/Duck	SK 3	Sea Otter
10:30am	Salamander	Sunfish	SK 9/10
11:00am	SK 4	Sea Turtle	

Leadership Course Information

Bronze Cross:

Bronze cross is designed for more advanced training including an introduction to providing safe supervision in aquatic facilities. Bronze cross teaches the difference between lifesaving and lifeguarding, the principles of emergency procedures and teamwork, and how to rescue spinal-injured, submerged and pulseless victims.

Prerequisite: Bronze Star or Bronze Medallion and minimum of 14 years of age

Water Safety Instructor Course (WSI)

This course further develops instructional ability by focusing on how to apply the information learned in the AWSI Course to effectively plan and teach the Red Cross Swim continuum (Red Cross Swim Preschool, Red Cross Swim kids and Aqua Adults programs). Candidates apply their teaching skills and knowledge during 12 hrs. of practical teaching experience.

Prerequisite: Bronze Cross or Standard First Aid and minimum of 15 years of age

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.

Prerequisite: 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.

Red Cross Babysitter's Course:

This course focuses on teaching participants the essential skills needed to be a responsible child-care giver and which steps necessary to take in emergency situations. They will be armed with the proper knowledge and will feel confident when it comes to the needs and safety of children of all ages. Participants will receive a Canadian Red Cross Babysitter's certificate upon successful completion.

Prerequisite: Minimum of 11 years of age

Standard First Aid & CPR Course:

Comprehensive First Aid & CPR techniques for those who need training for work requirements, or who want more knowledge to respond to emergencies in the work-place or home. The course covers a variety of topics from basic The course covers a variety of topics from basic (such as cardiovascular and breathing emergencies, CPR Level A, AED, prevention of disease transmission) to in-depth topics, such as sudden medical conditions and injuries to the head and spine.

SWIM KIDS LEVEL 1 (SK1) This is the entry level for children ready to move in shallow water. Provides an orientation to the water and the pool and introduces floats and glides with kicks. Child builds endurance by improving distance.

SWIM KIDS LEVEL 2 (SK2) Helps the child build skills in front and back swims. Child is introduced to deep water activities and proper use of PFD. Endurance is built on flutter kicking with assisted aids and 5 metre swim.

SWIM KIDS LEVEL 3 (SK3) Provides an introduction to the front crawl and diving. Child works on floats and changing direction in water. Endurance is achieved by building strength in flutter kicking and a 15 metre swim.

SWIM KIDS LEVEL 4 (SK4) Front crawl, back glide and should roll are further developed. Child works on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits. Endurance is built by a 25 metre swim.

SWIM KIDS LEVEL 5 (SK5) Back crawl is introduced, along with sculling skills and whip kick on the back. Child tries stride dives and receives an introduction to safe boating skills. Endurance is developed through dolphin kicking and a 50 metre swim.

SWIM KIDS LEVEL 6 (SK6) Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Child is 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.

SWIM KIDS LEVEL 7 & 8 (SK7/8) 7: This level continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Endurance is built through timed treading water and a 150 metre swim. 8: This level provides an introduction to the breast-stroke, foot first surface dives and rescue entries. Child learns about the dangers of open water, hypothermia and rescuing. Endurance is built on the dolphin kick and 300 metre swim.

SWIM KIDS LEVEL 9 & 10 (SK9/10) Front crawl, back crawl, elementary back stroke and breast-stroke continue to be refined. They work on head-first surface dives and standing dives./ Refinement of strokes, with an introduction to butterfly and scissor kick. Endurance is built on dolphin kick and butterfly drills and 500 metre swim.

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 cardiovascular fitness endurance a child needs to progress to the next level. *Strokes 1: levels SK4-SK6*

Swimming Lesson Rates

Red Cross Swim Pre-school	\$71.00
Red Cross Swim Kids Levels 1-6	\$71.00
Red Cross Swim Kids Levels 7-10	\$71.00
Strokes 1 (SK4 - SK6)	\$71.00
Strokes 2 (SK7 - SK10)	\$77.00

**2018 Prices *GST Included*

UNSURE OF WHAT CLASS TO REGISTER FOR?

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