



Introducing Red Cross Swim , featuring two exciting Swimming and Water Safety programs for your children

Program # 1

Red Cross Swim Preschool This is a 7 level program. Geared at babies 4 to 6 months old to 5 year Old Children

Red Cross Swim Preschool	Starfish	Level	4 to 18 months
Red Cross Swim Preschool	Duck	Level	18 to 30 months
Red Cross Swim Preschool	Sea Turtle	Level	30 to 36 months
Red Cross Swim Preschool	Salamander	Level	3 to 5 years
Red Cross Swim Preschool	Sunfish	Level	3 to 5 years
Red Cross Swim Preschool	Crocodile	Level	3 to 5 years
Red Cross Swim Preschool	Whale	Level	3 to 5 years

Program # 2

Red Cross Swim Kids This 10 level program is geared for school aged kids and will help swimmers develop all six swimming strokes.

THE FOLLOWING LIST OUTLINES HOW STANDINGS IN THE OLD RED CROSS PROGRAM CORRESPOND WITH THE NEW PROGRAM. A FULL COURSE DESCRIPTION WILL BE MADE AVAILABLE AT BOTH THE RECREATION OFFICE AND AT THE SWIMMING POOL.

OLD LESSON SET

NEW RED CROSS LESSONS

Aqua Tots			Red Cross Swim PreSchool
Level	1	equates to	Starfish
Level	2	equates to	Duck
Level	3	equates to	Duck / Sea Turtle

Aqua Quest			Red Cross Swim PreSchool	
Level	1	incompleted	equates to	Sea Turtle
Level	1	Completed	equates to	Salamander
Level	2	incompleted	equates to	Salamander
Level	2	Completed	equates to	Sunfish
Level	3	incompleted	equates to	Sunfish
Level	3	Completed	equates to	Crocodile
Level	4	incompleted	equates to	Crocodile
Level	4	Completed	equates to	Whale
Level	5	incompleted	equates to	Whale

Aqua Quest			Red Cross Swim Kids
Level	1	Completed or incompleted	Red Cross Swim Kids Level
Level	2	Completed or incompleted	Red Cross Swim Kids Level
Level	3	Completed or incompleted	Red Cross Swim Kids Level
Level	4	Completed or incompleted	Red Cross Swim Kids Level
Level	5	Completed or incompleted	Red Cross Swim Kids Level
Level	6	Completed or incompleted	Red Cross Swim Kids Level
Level	7	Completed or incompleted	Red Cross Swim Kids Level
Level	8	Completed or incompleted	Red Cross Swim Kids Level
Level	9	Completed or incompleted	Red Cross Swim Kids Level
Level	10	Completed or incompleted	Red Cross Swim Kids Level
Level	11	Completed or incompleted	Red Cross Swim Kids Level
Level	12	Incompleted	Red Cross Swim Kids Level



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