

Kings County Red Cross Swim Kids Swim Lessons Class Descriptions/Guidelines

Sea Otter - At least 3 years of age. Transitional levels that transfers the preschooler to the care of the instructor. Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides and swim 1 meter.

Salamander – (4 1/2 - 5 yrs) Can comfortably move and float with assistance and put their face in the water

Sunfish – Can enter shallow water safely; float & glide on the front and back without assistance; move around in a PFD; perform rhythmic breathing 3 times

Level 1 – Entry Level Learn to Swim program for ages 5 +. Includes Rhythmic Breathing (5 times) front and back float and glide & front swim for 5 metres

Level 2 – Can float front and back, exhale through mouth and nose; flutter kick while gliding front and back; swim 5 metres continuously

Level 3 - Deep water activities; can breathe rhythmically 10 times; glides front/back with kick for 5 metres and swim 10 metres continuously

Level 4 – Can swim front crawl at least 5 metres, arms recovering above water; and swim 15 metres continuously

Level 5 – Can surface support 45 seconds; swim front crawl at least 10 metres; swim on back with kick 10 metres; swim 25 metres continuously

Level 6 - Can swim front and back crawl at least 15 metres; perform the whip kick on back at least 5 metres; perform kneeling dive and swim 50 metres continuously

Level 7 - Can swim front and back crawl at least 25 metres; tread water 1minute; swim 75 metres continuously

Level 8 – Can swim front crawl and back crawl at least 50 metres; swim elementary backstroke 25 metres; whip kick on front 15 metres; and swim 150 metres continuously

Level 9 – Can swim front and back crawl at least 75 metres; swim elementary backstroke and breaststroke at least 25 metres; swim head first sculling on back 10 metres; perform a stride jump; swim 300 metres continuously

Level 10 - Can swim front and back crawl at least 100 metres; swim elementary backstroke and breaststroke 25 metres; swim 400 metres continuously

Bronze Star- Has completed level 10 and is looking to stay involved! Designed to deliver high-performance training and skills. Ideal for those looking to prepare for success in Bronze Medallion course.