



February 11, 2022

Dear Parent/Guardian:

RE: Red Cross Swim @ School Lessons

The Nelson & District Community Complex is pleased to collaborate with your child's school to offer Swimming and Water Safety Education.

This program is designed from the Red Cross Swim program, which is recognized by educators for its swimming and water safety education for youth. By focusing on fitness and developing life skills, students are exposed to a safe water environment where they are encouraged to participate and increase their swimming endurance. Everyone can participate and have fun. The program is designed to allow an entire class to participate at various levels of ability and encourages everyone to achieve his or her own personal best. While students are not evaluated, the Water Safety Instructor can track students' abilities and make a recommendation on which level the student should enrol in for Red Cross Swim Kids.

Program Structure

Red Cross Swim @ School offers three levels of swim lessons to accommodate children of all skill levels and abilities:

Level 1 – Beginner

Level 2 – Intermediate

Level 3 – Advanced

Please fill in the attached questionnaire and return it to your child's classroom teacher. This will help us place your child in the appropriate level so they can be the most successful in their swimming and water safety skills.

Sincerely,

Amanda Beavers
Recreation Services Programmer

Please fill in this questionnaire and return to your child's classroom teacher by March 4, 2011.

Program Level registration guide for Red Cross Swim @ School

Beginner level

Currently working on Red Cross Swim Kids levels 1-3

Swimmers practice front and back floats, front and back glides, front and back swim, Shallow water entries and exits, introduction to chest-deep water and distance swims of 5,10, 15 metres.

Intermediate level

Currently working on Red Cross Swim Kids levels 4-7

Swimmers work on front and back crawl (15m) whip kick on front and back, elementary back stroke (15m) kneeling dive, front dives and stride entry, treading water, swim a minimum of 25m continuously.

Advanced level

Currently working on Red Cross Swim Kids levels 8-10

Swimmers develop front and back crawl (75m), elementary back stroke (25m) breast stroke (25m), sidestroke (25m) perform dolphin kick, eggbeater/tread water, perform deep water skills while wearing a PFD and clothes, and swim a minimum distance of 300m continuously.

***If you are unsure of the answers to the questions below, please bring your child in for a short swim assessment by one of our Lifeguards who will recommend which level they should be placed in.**

Check the boxes that are most accurate for your child.

Is currently working on Red Cross swim Kids level 1-3	
Primarily swims in shallow pools	
Can float on their back for 5 to 10 seconds	
Can float on their back for indefinite amount of time	
Is currently working on Red Cross Swim Kids Level 4-7	
When they swim front crawl or back crawl a minimum of 15 metres, they look calm and comfortable.	
Child is comfortable putting their face in the water	
Child can swim with their face in the water with out goggles	
Child can tread water in the deep end with out struggle	
Can swim in either the shallow or competition pool	
Child can swim the distance (25m) of the competition pool comfortably and with recognizable strokes.	
Last swim level completed and date	

Please provide any additional information that may assist us in placing child in appropriate level.

Child's Full Name _____ Child's Age _____

Classroom Teacher's Name _____ Grade _____