



Highwood Outdoor Pool offers the levels listed below

Red Cross Swim Kids is a 10 level program for swimmers aged 5+.

Participants enter levels based on their ability, and progression is based on skill evaluation.

|                                     | <b>Participant requirement to register</b>  | <b>In this level</b>   |
|-------------------------------------|---|--|
| <b>Red Cross Swim Kids Level 1</b>  | At least 5 years of age, no previous swimming experience required.                          | Swimmers develop front and back float, front and back glide, flutter kick (assisted), shallow water entries and exits, and swim 5 metres.  |
| <b>Red Cross Swim Kids Level 2</b>  | At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 1 | Swimmers learn front and back glide with flutter kick, develop front swim, complete deep-water activities (assisted) and swim 10 metres continuously.  |
| <b>Red Cross Swim Kids Level 3</b>  | At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 2 | Swimmers increase their distance on front and back glide with flutter kick, perform flutter kick unassisted, wear a PFD in deep water, float in deep water, and swim 15 metres continuously.   |
| <b>Red Cross Swim Kids Level 4</b>  | At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 3 | Swimmers learn back swim with shoulder roll and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and swim 25 metres continuously.  |
| <b>Red Cross Swim Kids Level 5</b>  | At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 4 | Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 metres continuously.  |
| <b>Red Cross Swim Kids Level 6</b>  | At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 5 | Swimmers increase their distance on front and back crawl (25m), learn elementary back stroke (15m), learn dolphin kick, tread water in deep water, perform front dive, and swim 75 metres continuously.  |
| <b>Red Cross Swim Kids Level 7</b>  | At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 6 | Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m), learn front scull, perform whip kick on front and dolphin kick, learn stride entry and swim 150 metres continuously.  |
| <b>Red Cross Swim Kids Level 8</b>  | At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 7 | Swimmers increase their distance on front and back crawl (75m) and elementary back stroke (25m), learn breast stroke (15m), learn eggbeater/tread water, perform feet-first surface dive and standing shallow dive, and swim 300 metres continuously.                            |
| <b>Red Cross Swim Kids Level 9</b>  | At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 8 | Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (25m), learn sidestroke kick, perform head-first surface dive, and swim 400 metres continuously.   |
| <b>Red Cross Swim Kids Level 10</b> | At least 5 years of age, successful completion of the skills in Red Cross Swim Kids Level 9 | Swimmers increase their distance on front and back crawl (100m), elementary back stroke (50m) and breast stroke (50m), learn sidestroke (25m), perform dolphin kick (vertical), learn feet- and head-first surface dives with underwater swim, and swim 500 metres continuously. |