



Program Level Registration Guide – Red Cross Swim Preschool

Placement in Red Cross Swim programs depends on many variables including age, skill proficiency, previous experience and readiness. The following chart is a guide only. Red Cross Swim Preschool has options for swimmers with disabilities. Please check with your facility.

Level	Participant requirement to register	In this level
Red Cross Swim Preschool – Starfish	4-12 months of age, able to hold their head up, and participating with a parent or caregiver (assisted)	Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water, and shallow water entries and exits.
Red Cross Swim Preschool – Duck	12-24 months of age, participating with a parent or caregiver (assisted)	Babies and their caregivers work on rhythmic breathing, moving forward and backward, front and back float with recovery, and shallow water entries and exits.
Red Cross Swim Preschool – Sea Turtle	24-36 months of age, participating with or without a parent or caregiver	Toddlers and their caregivers work on submersion, front and back floats and glides, jumping into chest-deep water with assistance, kicking on front and front swim.
Red Cross Swim Preschool – Sea Otter	3-5 years	Swimmers work on front and back floats and glides, kicking on front with a buoyant object, and will be able to swim 1 metre upon completion of this level.
Red Cross Swim Preschool – Salamander	3-5 years, successful completion of the skills in Red Cross Swim Preschool Sea Otter	Swimmers work on improving their front and back float and jumping into chest-deep water unassisted. Kicking is added to the front and back glide and swimmers will be able to swim 2 metres upon completion.

<p>Red Cross Swim Preschool – Sunfish</p>	<p>3-6 years, successful completion of the skills in Red Cross Swim Preschool Salamander</p>	<p>Swimmers work on kicking and can perform glides (front and back), enter deep water safely, float in deep water, swim with a PFD, and swim 5 metres continuously.</p>
<p>Red Cross Swim Preschool – Crocodile</p>	<p>3-6 years, successful completion of the skills in Red Cross Swim Preschool Sunfish</p>	<p>Swimmers further develop the front and back glide with kick, front and back swim, jump into deep water, swim with a PFD in deep water, and swim 10 metres continuously.</p>
<p>Red Cross Swim Preschool – Whale</p>	<p>3-6 years, successful completion of the skills in Red Cross Swim Preschool Crocodile</p>	<p>Swimmers increase their distance on front and back glide with kick, increase distance on front and back swim, learn the sitting dive, and will be able to swim 15 metres continuously upon completion of the level.</p>