

## Canadian Red Cross Swim Kids

Turned 5 Years Old and going up to Levels	Red Cross Swim Kids
All Starfish, Duck, Sea Turtle, Sea Otter or Salamander	Level 1
All Sunfish & Incomplete Crocodiles	Level 2
Completed Crocodiles & All Whales	Level 3

**Starfish/Duck (4 - 24 months):** Supervised play. Instructor leads you and your child through songs and games.

**Sea Turtle (24 - 36 months):** Supervised play. Instructor leads you and your child through songs and games.

**Sea Otter (3 - 5 years):** Orientation to water facility.

**Salamander (3 - 5 years):** Safety rules, assisted entries, chest deep water activities, floats and glides rhythmic breathing, distance swims 2m.

**Sunfish (3 - 5 years):** Safety Rules, unassisted entries, chest deep water activities, floats and glides rhythmic breathing, distance swim 5m.

**Crocodile (3 - 5 years):** PFD and Me deep water, rhythmic breathing 10 consecutive times, surface support 10 sec., side glides and kick 1m, distance swim 10m.

**Whale (3 - 5 years):** Kicking drills, surface support 20 sec., front crawl 7m, distance swim 10m.

### For ages 5 yrs and older:

**Level 1:** Orientation to water and facility. Front and back floats, distance swim 5m.

**Level 2:** Safety rules, unassisted entries, deep-water activities (assisted), side glide and kick 3m (assisted) rhythmic breathing, distance swim 10m.

**Level 3:** Surface support 20 sec., sitting dives, front/side glide combinations, front crawl 5m, distance swim 15m

**Level 4:** Kneeling dives, surface support 45 sec., front crawl 10m, distance swim 25m.

**Level 5:** Tread water 1 min., stride dive, front and back crawl, intro to whip kick on back, distance swim 50m

**Level 6:** Sculling, front dives, front and back crawl, intro to elementary back stroke, distance swim 75m.

**Level 7:** Choking (partial & complete) eggbeater, front and back crawl, intro whip kick on front, distance swim 150m.

**Level 8:** Stride dives, rescue breathing, eggbeater 3 min., surface dives, intro to breaststroke, distance swim 300m.

**Level 9:** Wise choices and peer influence, self-rescue (ice), shallow dives, distance swim 400m.

**Level 10:** Sun smart, sidestroke, distance swim 500m.

## You do the math...

**Great job + Leadership skills + Lifelong friends =**

The Kitimat Leisure Services Department is offering training for those 15 years, and older who want to be part of the DOK Aquatic Department.

The top candidates will be given the opportunity to receive

**Red Cross Standard First Aid with CPR 'C' and AED, Lifesaving Society Bronze Cross Camp and WHMIS.**

These courses are a pre-requisite for the National Lifeguard Course.

Applications are available at the Tamitik Jubilee Sports Complex.

**Closing date to apply is January 13, 2017 at 4:30pm.**

Courses begin January 20, 2017. 100% attendance is required. Minimum age is 15.

