



7490 Sideroad 7 W, PO Box 125,
Kenilworth, ON N0G 2E0

www.wellington-north.com

519.848.3620

1.866.848.3620 FAX 519.848.3228

Plan to
Simply Explore.

www.simplyexplore.ca

SWIM LESSON INFORMATION

Take this perfect opportunity for you and your children to experience water fun and water safety together.

Our well-trained instructors teach swimming and water safety skills to preschoolers with fun games, songs and mascots.

Watch your children's eyes light up as they learn new skills and are rewarded for their accomplishments.

	PROGRAM DESCRIPTION	COST
	<p>Parent & Tots (6 – 30 months) An introductory class for babies and their parent or caregiver. Babies must be able to hold their head up. The goal is to experience buoyancy, movement and entries while enjoying songs and play in the water. Toddlers will build confidence while enjoying active water play.</p>	<p>\$61.00 (Non-Residents add \$18.00)</p>
	<p>Sea Turtle (30 to 36 months parented or 3 to 5 years un-parented) A transitional level for preschoolers and their parents. Parents can gradually transfer the preschoolers to the care of the instructor or, for children 3 – 5 years old who have not previously taken swimming lessons; Sea Turtle is where they will enter the program. This level develops skills in swimming, glides and floating and builds awareness of deep water and safe entries.</p>	<p>\$61.00 (Non-Residents add \$18.00)</p>
	<p>Sea Otter (3 to 5 years) Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 metre. They also learn age-appropriate water safety skills.</p>	<p>\$61.00 (Non-Residents add \$18.00)</p>
	<p>Salamander (3 to 5 years) Preschoolers actively learn new swimming skills including assisted floats and glides through games and songs. The fun includes learning to jump into chest deep water.</p>	<p>\$61.00 (Non-Residents add \$18.00)</p>
	<p>Sunfish (3 to 5 years) Assisted by an instructor, preschoolers work on stroke and skills progressions. Learning also focuses on good judgment in, on and around the water and entries and floats in deep water.</p>	<p>\$61.00 (Non-Residents add \$18.00)</p>

Your child will love the water! At each level, we teach skills relating to swimming, fitness & water safety.

- Assisted by their parents, preschoolers learn **basic swimming skills** such as breath control, buoyancy, arm and body movements and progress to more advanced skills such as floating, gliding, kicking, and swimming up to 10 meters.
- All swimming skills start with **safety**, so children and their parents learn how to stay warm, when and how to get help, choking prevention and the best ways to enter and exit the pool.
- Fun** is the key to this program, so as children learn they enjoy games, songs and relay activities making learning enjoyable.



PROGRAM DESCRIPTION

COST



<p>Red Cross Swim Kids Level 1 This is an entry level for children ready to move in shallow water. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks. Children build their endurance by improving distance.</p>	<p>\$61.00 (Non-Residents add \$18.00)</p>
<p>Red Cross Swim Kids Level 2 This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Floatation Device (PFD). Endurance is built on flutter kicking with assisted glides.</p>	<p>\$61.00 (Non-Residents add \$18.00)</p>
<p>Red Cross Swim Kids Level 3 This level provides an introduction to front crawl as well the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15-metre swim.</p>	<p>\$61.00 (Non-Residents add \$18.00)</p>
<p>Red Cross Swim Kids Level 4 The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25-metre swim.</p>	<p>\$61.00 (Non-Residents add \$18.00)</p>
<p>Red Cross Swim Kids Level 5 Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives and receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim.</p>	<p>\$66.50 (Non-Residents add \$18.00)</p>
<p>Red Cross Swim Kids Level 6 Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing, treading water and the front dive. Endurance is built through a 75-metre swim.</p>	<p>\$66.50 (Non-Residents add \$18.00)</p>
<p>Red Cross Swim Kids Level 7 Level 7 continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in timed treading water for increasing endurance. Endurance is built through timed treading water and a 150-metre swim.</p>	<p>\$66.50 (Non-Residents add \$18.00)</p>
<p>Red Cross Swim Kids Level 8 Level 8 provides an introduction to the breaststroke, foot first surface dives and rescue entries. Children learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults. Endurance is built on the dolphin kick and 300-metre swim.</p>	<p>\$71.50 (Non-Residents add \$18.00)</p>
<p>Red Cross Swim Kids Level 9 Front crawl, back crawl, elementary back stroke and breast stroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first shallow dives and standing dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400-metre swim.</p>	<p>\$71.50 (Non-Residents add \$18.00)</p>
<p>Red Cross Swim Kids Level 10 Further refinement of strokes, with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice, and head-first and feet-first shallow dives. Endurance is built using dolphin kick and butterfly drills and a 500-metre swim.</p>	<p>\$71.50 (Non-Residents add \$18.00)</p>

Red Cross Swim Kids is ideal for swimmers of all levels, even those who have little or no previous experience.

- ✚ Children start at about age six, and continue through the 10 levels. Your child can seamlessly move from one level to the next, based on his or her own development as a swimmer. Every child progresses at a different rate, and it is not uncommon for children to repeat a level in order to strengthen a particular skill.
- ✚ Through drills and distance swimming kids learn **all six strokes** and develop proper breathing and swimming techniques while building endurance and embracing a healthy lifestyle.
- ✚ **Water safety** is important for all age groups. We teach skills ranging from self-rescue and preventing injuries to boating safety and diving.