

Comments from the instructor

Please register into the following level
next session:

Level

If you have any questions please
speak to the Deck Supervisor

Congratulations

Name

You have completed a session of
swimming instruction at the Aquatics
Department. Great Job!

Instructor

Session

Red Cross Swim Kids Progress Report

<ul style="list-style-type: none"> Flutter Kick 5m (Assisted) Distance Swim 5m Facility/Site Orientation Supervision Shallow Water Entries and Exits Submerge Head Exhale through Mouth and/or Nose Rhythmic Breathing 5 Times Front Float and Recovery 3 sec Front Glide 5 sec Front Glide with Kick 5m Back Float and Recovery 3 sec Back Glide 5 sec Roll-Over Glides 5 sec (Assisted) Front Swim 5m 	1	<ul style="list-style-type: none"> Flutter Kick on Back 15m Distance Swim 25m Self-Safety Show How to Contact EMS/9-1-1 Self-Safety—Safe Diving Introduction to Sculling, Shallow Water Kneeling Dive Surface Support, Deep Water 45 sec Rhythmic Breathing 15 Times (Front Crawl Specific) Front Glide/Side Glide Combination 15m Back Swim with Shoulder Roll 15m Front Crawl 10m 	4	<ul style="list-style-type: none"> Dolphin Kick 15m Distance Swim 150m Mild and Severe Airway Obstruction Choking Rescue, Mild and Severe Airway Obstruction, Conscious Person Throwing Assist with a Line Reaching Assist with Rescue Equipment Stride Entry Front Crawl 50m Back Crawl 50m Elementary Back Stroke 25m Front Scull 15m Whip Kick on Front 15m 	7
<ul style="list-style-type: none"> Flutter Kick 10m (Assisted) Distance Swim 10m Facility/Site Rules EMS/9-1-1 Introduction to PFDs/Lifejackets Weight Transfer, Shallow Water Deep Water Activities (Assisted) Rhythmic Breathing 10 Times (2 Ways) Front Glide with Flutter Kick 10m Back Glide with Flutter Kick 5m Side Glide with Flutter Kick 5m (Assisted) Roll-Over Glide with Flutter Kick 5m Front Swim 5m 	2	<ul style="list-style-type: none"> Flutter Kick 25m Distance Swim 50m How to Be a Safe Boater Staying Warm Cold Water HELP/Huddle Disorienting Entries Tread Water 1 min Stride Dive Head-First Sculling on Back 5m Rhythmic Breathing 20 Times (2 Ways) Front Crawl 15m Back Crawl 15m Whip Kick on Back 10m 	5	<ul style="list-style-type: none"> Eggbeater/Tread Water 3 min Distance Swim 300m Hypothermia Dangers of Open Water Rescue Breathing, Adult and Child Feet-First Surface Dive Standing Shallow Dive Front Crawl 75m Back Crawl 75m Elementary Back Stroke 25m Breast Stroke 15m 	8
<ul style="list-style-type: none"> Flutter Kick 15m Distance Swim 15m When and Where to Swim PFDs/Lifejackets, Deep Water Deep Water Float 5 sec Jump In, Change Direction, Return to Safety, Deep Water Surface Support, Deep Water 20 sec Sitting Dive, Change Direction, Return to Safety Rhythmic Breathing 15 Times Front Glide with Flutter Kick 15m Back Glide with Flutter Kick 10m Side Glide with Flutter Kick 10m Front Glide/Side Glide Combination 10m (Assisted) Front Swim 10m 	3	<ul style="list-style-type: none"> Dolphin Kick 10m Distance Swim 75m Causes of Boating Incidents When and Where to Go on Ice Distressed Swimmer Recognition and Simulation Throwing Assist without a Line Head-First Sculling on Back 10m Tread Water, Deep Water 1 1/2 min Front Dive Front Crawl 25m Back Crawl 25m Elementary Back Stroke 15m 	6	<ul style="list-style-type: none"> Travelling, Legs Only 3 min Distance Swim 400m Wise Choices and Peer Influence Complications of Rescue Breathing Boating Regulations Self-Rescue: Fall Through Ice Head-First Surface Dive Front Crawl 100m Back Crawl 100m Elementary Back Stroke 50m Breast Stroke 25m Sidestroke Kick 15m 	9
				<ul style="list-style-type: none"> Dolphin Kick (Vertical) 3 × 10 sec Distance Swim 500m Sun Smart Ice Rescue from Safe Zone Next Steps Feet-/Head-First Surface Dives with Underwater Swim 2m Front Crawl 100m Back Crawl 100m Elementary Back Stroke 50m Breast Stroke 50m Sidestroke 25m 	10