



RED CROSS SWIM PROGRAM OVERVIEW

Red Cross Swim Preschool


Progression based on age



**Starfish**  
4–12 months  
parented




**Duck**  
12–24 months  
parented




**Sea Turtle**  
24–36 months  
parented or  
unparented


Progression based on performance




**Sea Otter**  
3–5 years  
unparented




**Salamander**  
3–5 years  
unparented



**Sunfish**  
3–6 years  
unparented



**Crocodile**  
3–6 years  
unparented




**Whale**  
3–6 years  
unparented


Red Cross Swim Kids

Swimming, Water Safety,  
Fitness, ages 5+


Progression based on performance




**Red Cross Swim Kids 1**




**Red Cross Swim Kids 2**




**Red Cross Swim Kids 3**




**Red Cross Swim Kids 4**




**Red Cross Swim Kids 5**




**Red Cross Swim Kids 6**




**Red Cross Swim Kids 7**



**Red Cross Swim Kids 8**



**Red Cross Swim Kids 9**



**Red Cross Swim Kids 10**

Red Cross Swim @ School

School program for  
all levels of abilities

Accommodates entire  
school class

Red Cross Swim Basics

Learn-to-swim for adults and teens

**Red Cross Swim Basics 1**  
**Red Cross Swim Basics 2**

Red Cross Swim @ Camp

Program for camps  
for all levels of abilities

Accommodates large  
camp groups

Red Cross Swim Sports

Aquatic sports sampler for  
adults and teens

**Swim workout, triathlon swim,  
lifesaving sport, synchronized  
swimming, boating, diving,  
underwater hockey, water polo,  
surfing & boogie boarding**

Red Cross Swim Strokes

Stroke development program

**5+**  
able to swim front crawl at least  
15 metres continuously, back crawl  
15 metres and is comfortable  
swimming in deep water

Red Cross Swim Adapted

Red Cross Swim Preschool and  
Red Cross Swim Kids have options  
for swimmers with disabilities.

Red Cross Swim programs contribute to the Canadian Long-term Athlete Development model, which improves overall health and offers a lifetime of sport participation.

1.877.356.3226 | [redcross.ca/swimguide](https://redcross.ca/swimguide)