

Enrolling New Swimmers into Red Cross Swim Kids

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. Talk to your local pool to determine the best spot in Red Cross swim for your child.

Program Level Registration Guide

Participant Requirements	Level
Under three years of age and participating with a parent or caregiver, move forward, backward, assisted, front, back floats and recovery assisted and uses buoyant objects for support.	Sea Turtle
Three to five years and can comfortably move and float with assistance, and put their face in the water.	Salamander
Can enter shallow water safely; float and glide on the front and back without assistance; move around in a PFD, perform rhythmic breathing three times.	Sunfish if ages 3-5 years Red Cross 1 if 6 years +
Can jump into chest deep water, do front and back floats and recover and swim on front for 2 metres.	Crocodile if ages 3-5 years Red Cross 1 if 6 years +
Can float/front and back, exhale through mouth and nose; flutter kick while gliding on front and back; swim 5 metres continuously.	Whale if ages 3-5 years Red Cross 2 if 6 years +
Deep water activities; can breathe rhythmically; swim 10 times; glides front/back with kick for 5 metres and swim 10 metres continuously.	Red Cross 3
Can swim front crawl at least 5 metres, arms recovering above water; and swim 15 metres continuously.	Red Cross 4
Can surface support 45 seconds; swim front crawl at least 10 metres; swim on back with kick 10 metres; swim 25 metres continuously.	Red Cross 5
Can swim front and back crawl at least 15 metres; perform the whip kick on back at least 5 metres; perform kneeling dive and swim 50 metres continuously.	Red Cross 6
Can swim front crawl and back crawl at least 25 metres; Swim coordinated elementary backstroke at least 15 metres; and swim 75 metres continuously.	Red Cross 7
Can swim front crawl and back crawl at least 50 metres; swim elementary backstroke 25 metres; whip kick on front 15 metres; and swim 150 metres continuously.	Red Cross 8
Can swim front crawl and back crawl at least 75 metres; swim elementary backstroke at least 25 metres; swim head first sculling on back 10 metres; perform a stride jump; swim 300 metres continuously.	Red Cross 9
Can swim front crawl and back crawl at least 100 metres; swim elementary backstroke and breaststroke 25 metres; swim 400 metres continuously.	Red Cross 10

