



Red Cross Swim Preschool is an eight-level stand-alone program for four-month to six-year-old children that allows swimmers to enter various levels based on age and ability.

Each level is represented by an animal mascot that is incorporated into the content and makes the lesson engaging and fun, through songs and activities. Lesson plans are available to help Water Safety Instructors run dynamic classes for this age group.

## Program Structure

## Startligh



#### 4-12 months

Parented, progression based on age



#### 12-24 months

Planented, progression based on age

# Sea Turtle



#### 24-36 months

Parented, progression based on age

#### See Otter



#### 3-5 years

Unplanersed, progression based on the successful completion of all performance criteria.

#### Salamander



#### 3-5 years.

Unparented, progression. based on the successful completion of all performance criteria



#### 3-6 years.

Unparented, progression based on the successful completion of all performance criteria.

#### Crocodille



#### 3-6 years

Unplanented, progression based on the successful completion of all performance criteria



#### 3-6 years

Unparented, progression based on the successful completion of all performance criteria.

### Program Materials

Red Cross Swim News: Overview, Preschool 4-36 months, and Preschool 3-6 years (information piece for parents, electric



Fled Cross Swim Preschool Instructor Worksheets (look for tracking attendance and completion, electronic format).



 Red Cross Swim Preschool Mid-Session Progress Report (tool for communicating with parents about their child's progress half-way through the lesson set, electronic formula-



Red Cross Swim Preschool Progress Blooklet (tracking tool that Instructors complete after each level)



Red Cross Swim Preschool Participation Sticker



Red Cross Swim Preschool Completion Stickers (one for each level)







Swim with the best! ..

# **Red Cross Swim Lesson Plan Template Kids**

**CL Gary** 

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