

Swim Kids 6

Challenge 1:

Stroke Medley: Swim 25 meters front crawl*, 25 meters back crawl*, 25 meters elementary back stroke*. Time yourself and try to take a little less time each attempt.



Challenge 2:

Tread water* for at least 90 seconds, keeping your chin and ears above the water



Challenge 3:

Dolphin kick for 10 meters without stopping or touching the floor.



Challenge 4:

Perform a front dive*, launching with both legs civing just below the surface in a streamlined position

this skill should only ever be practiced in deep water. Remember to practice safe diving (see reverse)



*see Canadian Red Cross Swim Kids 6 Performance Criteria

Swim Kids 7

Challenge 1:

Stroke Medley: Swim 50 meters front crawl*, 50 meters back crawl*, 25 meters elementary back stroke*, 25 meters whip kick on front*.

Time yourself and try to take a little less time each attempt.



Challenge 2:

Perform a stride entry* into deep water, keeping your chin and ears above the water as you enter.

For an extra challenge, increase the distance you travel from the edge with each attempt.



Challenge 3:

Dolphin kick for 15 meters three different ways: on your front, on your back, and on your side



*see Canadian Red Cross Swim Kids Performance Criteria



Swim Kids 8

Challenge 1:

Tread water using eggbeater kick* with your chin and ears out of the water for 3 minutes. Keeping your head above water, lift your forearms out of the water for the last 1 minute



Challenge 2:

Perform a feet-first surface dive*, vertically descending at least 2 meters.



Challenge 3:

Stroke Medley: Swim 100 meters front crawl*, 100 meters back crawl*, 50 meters elementary back stroke*, 50 meters breast stroke*



*see Canadian Red Cross Swim Kids 6 Performance Criteria

Swim Kids 9

Challenge 1:

Using one of these legs-only techniques, travel for 3 minutes.

Legs-only techniques: eggbeater, scissor kick, whip kick, dolphin kick



Challenge 2:

Perform a head-first surface dive*, descending at least 2 meters deep and returning to the surface

this skill should only ever be practiced in deep water. Remember to practice safe diving (see reverse).



Challenge 3:

Stroke Medley: Swim 100 meters front crawl*, 100 meters back crawl*, 50 meters elementary back stroke*, 50 meters breast stroke*



*see Canadian Red Cross Swim Kids 6 Performance Criteria

Swim Kids 10

Challenge 1:

Vertical dolphin kick sequence: kick 10 seconds with shoulders above the water, rest 15 seconds, repeat 3x



Challenge 2:

Perform a feet-first and head-first surface dive*, descending two meters then swimming forward 2 meters before returning to the surface



Challenge 3:

Stroke Medley: Swim 150 meters front crawl*, 150 meters back crawl*, 75 meters elementary back stroke*, 75 meters breast stroke*, 50 meters side stroke*



*see Canadian Red Cross Swim Kids 6 Performance Criteria

Ponoka Aquaplex



SWIMMING LESSONS PRACTICE CHALLENGES

NAME: _____

check your Red Cross Swim Kids Progress Card!



- Find your Swim Kids level
- practice the challenges *get your parents or another adult to help!*
- successfully demonstrate a challenge to one of our Water Safety Instructors to earn a star
- complete all the challenges for your level to be entered into a draw for fun prizes

Preschool

Challenge 1:
Submerge your head, blow bubbles for 4 seconds



Challenge 2:
Float, on your front or back, body horizontal and relaxed, for 5 seconds



Challenge 3:
Flutter kick, with straight legs, on your front or back, for 5 meters, assisted*
*assisted means holding on to something that floats, or holding hands with an adult



Challenge 4:
Enter the water safely four different ways at four different points of entry
example: jump in the shallow edge, wade in at the shoreline, jump into an adult's arms, climb in at a ladder



Swim Kids 1

Challenge 1:
Glide while flutter kicking for 5 seconds on front, rollover onto back, continue gliding and kicking on back for 5 seconds



Challenge 2:
With hands on head, submerge head fully, exhale completely under water, surface and inhale. Repeat 5x without pause.



Challenge 3:
Enter the water safely 5 different ways. Each time, remember to STOP, LOOK and LISTEN.
example entries: cannonball, slip-in, wade in, log-roll, seal entry, pencil jump, belly-crawl, climb in at a ladder



Swim Kids 2

Challenge 1:
Swim from one side of the Leisure Pool to the other* without touching the floor
*approximately 10 meters



Challenge 2:
With body horizontal and face in the water, swim at least 5 meters while kicking and using your arms for propulsion



Challenge 3:
In chest-deep water, either:
a) perform a front sommersault, back sommersault and log roll under water
b) touch the bottom of the pool with, in sequence: your bum, the palms of your hands, your chin* and your belly
*when touching your chin to the floor, place both hands under your chin, palms down and put your palms to the floor so you don't accidentally hurt your chin



Swim Kids 3

Challenge 1:
Deep water challenge*: jump in, turn in a circle clockwise, turn back in a circle counter-clockwise, float on your back for 5 seconds, flutter kick on back to safety
*this skill should be practiced in water that is deep to the child (at least chin-deep), but where the adult caregiver can still stand securely.



Challenge 2:
Perform a side glide* with one ear submerged and one shoulder high, with a flutter kick for 10 meters
*see Canadian Red Cross Swim Kids 3 Performance Criteria



Challenge 3:
Using any swim, travel 15 meters without stopping or touching the ground.



Swim Kids 4

Challenge 1:
Perform a kneeling dive*
this skill should only be practiced in a supervised aquatic environment, and only in deep water. Always practice safe diving.



Challenge 2:
While flutter kicking the entire time, perform a front glide* while exhaling, then transfer into a side glide while inhaling, then back to a front glide to exhale again. Continue this front glide, side glide combination while kicking for 15 meters.



Challenge 3:
On your back with your hands to the side while flutter kicking, roll your body from side to side from shoulder to toes, while keeping your head neutral (both ears in the water) for 15 meters.



*see Canadian Red Cross Swim Kids 4 Performance Criteria

Swim Kids 5

Challenge 1:
Perform a whipkick* on your back for 10 meters.



Challenge 2:
Perform a front crawl* for 15 meters, making sure you exhale with your face in the water and inhale in a side-glide position, kicking continuously with your hands entering the water above your head and pulling past your hips with every stroke



Challenge 3:
Perform a back crawl* for 15 meters, flutter kicking continually and rolling your body as one unit to bring your arms high out of the water with every stroke, alternating your arms continuously.



Challenge 4:
Perform a stride dive* into deep water, then tread water* for 1 minute, then scull* on your back 5 meters
this skill should only be practiced in a supervised aquatic environment, and only in deep water. Always practice safe diving.



*see Canadian Red Cross Swim Kids 5 Performance Criteria

Diving Safety

- Ensure the water depth is at least twice your height
- Always enter **feet-first the first time** in unfamiliar water
 - Only dive in clear, unobstructed water
- Keep your arms above your head in front of you for the entire dive
(always dive hands-first, never head-first)
- It's best to practice your diving skills in a supervised aquatic environment (such as your local public swimming pool)

