



Updated: October 25, 2022

1. Why is the City of Richmond transitioning from the Canadian Red Cross *Swim Kids* program to Lifesaving Society *Swim for Life* program?

The Canadian Red Cross announced that they are ending their swimming and leadership programs to focus on surging humanitarian demands in other areas – such as disaster and pandemic response, opioid harm reduction and caregiving for seniors. As a result, the City of Richmond has decided to offer the Lifesaving Society *Swim for Life* program.

2. When will the transition from *Swim Kids* to *Swim for Life* happen?

Red Cross *Swim Kids* lessons will end on December 31, 2022 and the *Swim for Life* program will start January 1, 2023, which is the winter season. Winter registration starts on Tuesday, November 22, 2022 at 8:00pm.

3. How do I know which level to register in?

www.richmond.ca/swimlessons provides a transition table from the Canadian Red Cross *Swim Kids* to the Lifesaving Society *Swim for Life* program.

4. If my child is currently in a higher level, e.g. *Swim Kids 7*, why do they have to register in a lower level, e.g., *Swimmer 5*?

The numbers associated with the levels do not align between the two swim programs, but this does not mean your child is in a lower level. The criteria in each level was used to determine the appropriate level for the transition.

5. Who do I contact if I have more questions about the transition between programs?

Moving away from Red Cross *Swim Kids* program is a big change. We're here to help you understand how the Lifesaving Society *Swim for Life* program compares. For more information:

- Registration Call Centre – 604-276-4300 (Mon-Fri, 8:30am-5:00pm)
- www.richmond.ca/swimlessons

6. When will children receive a *Swim for Life* report card?

Swim for Life report cards will be issued **after** a child completes their first set of lessons in the new program.

Note: *Swim Kids* report cards will not be replaced with *Swim for Life* report cards for past lesson sets, they will only be issued going forward.



7. Do I need to show my child's previous report card when registering them for a *Swim for Life* program?

If your child has been registered in Red Cross *Swim Kids* lessons with the City of Richmond, then your child's pre-requisites will be entered into the Xplor Recreation registration system with no requirement to show your child's report card.

On registration night only (Tuesday, November 22): If there is an error in the system, parents/caregivers can email a photo of the child's report card to reghelp@richmond.ca to have pre-requisites manually input by staff. For all other errors in the system, visit Minoru Centre for Active Living or Watermania in-person with your child's most recent report card.

If your child took lessons with another municipality, then proof of pre-requisites are required to be shown in-person at Minoru Centre for Active Living or Waterman to register in swim lessons.

8. What if my child doesn't have a report card or has never taken a swimming lesson?

If your child has some swimming abilities, a swim evaluation can be completed to determine the correct level for registration. Registration is not required for swim evaluations. Call to find out drop-in evaluation days and times at these facilities:

Minoru Centre for Active Living – 604-233-6225

Watermania – 604-448-5353

9. Will Instructors/Lifeguards be trained in the *Swim for Life* program to ensure a smooth transition?

Yes. All Instructor/Lifeguards will be required to complete a transition course and do internal training to become fully versed in the *Swim for Life* program.

For general swimming lessons frequently asked questions, visit

https://www.richmond.ca/_shared/assets/frequentlyaskedquestionsswimminglessons59143.pdf



Swim for Life Lesson Descriptions

Parent and Tot Programs

SWIM - PARENT AND TOT 1 - JELLYFISH - (4-12 MONTHS) - PRESCHOOLERS

Learn holds and supports to swim safely together; and introduce toddlers to blow bubbles in the water and get faces wet with the help of a parent. Parent participation required. Pre-requisite: None.

SWIM - PARENT AND TOT 2 - GOLDFISH - (12-24 MONTHS) - PRESCHOOLERS

Learn how to enter and exit the water together; play games that encourage toddlers to blow bubbles in the water and get faces wet; and start to develop floating and kicking skills. Parent participation required. Pre-requisite: None.

SWIM - PARENT AND TOT 3 - SEAHORSE - (2-3 YEARS) - PRESCHOOLERS

Learn how to safely help toddlers enter the water wearing a PFD; Starfish and pencil floats; kicking skills using songs and games; and underwater skills that include submersion and eye opening. Parent participation required. Pre-requisite: None.

Preschool Programs

SWIM - PRESCHOOL 1 - OCTOPUS - PRESCHOOLERS

Cover getting in and out of the pool; blowing bubbles and submerging faces in the water; and floating and gliding. Pre-requisite: None.

SWIM - PRESCHOOL 2 - CRAB - PRESCHOOLERS

Cover how to safely jump into chest-deep water; swimming wearing a PFD; submersion skills; and further work on floating, gliding and kicking with buoyant aid. Pre-requisite: Swim for Life Preschool 1 - Octopus - Complete; Red Cross - Sea Otter - Complete; or Red Cross - Salamander - Incomplete.

SWIM - PRESCHOOL 3 - ORCA - PRESCHOOLERS

Cover how to enter deep water safely wearing a PFD; submerging, exhaling and retrieving objects underwater; and the further development of floating, gliding and kicking skills. Pre-requisite: Swim for Life Preschool 2 - Crab - Complete; Red Cross Salamander - Complete; or Red Cross Sunfish - Incomplete.

SWIM - PRESCHOOL 4 - SEA LION - PRESCHOOLERS

Cover deep-water entries and treading water wearing a PFD; retrieving objects from the bottom of the pool in chest-deep water; performing front and side glides; and the introduction of front crawl wearing a PFD. Pre-requisite: Swim for Life Preschool 3 - Orca - Complete; Red Cross - Sunfish - Complete; or Red Cross - Crocodile Incomplete.

SWIM - PRESCHOOL 5 - NARWHAL - PRESCHOOLERS



Cover Swim to Survive® skills wearing a PFD; the introduction of front and back crawl; interval fitness training; treading water; and performing a vertical whip kick with a buoyant aid. Pre-requisite: Preschool 4 - Sea Lion - Complete; Red Cross Crocodile - Complete; or Red Cross Whale - Incomplete or Complete.

Swimmer Programs

SWIM - SWIMMER 1 - CHILDREN

Cover jumping into the water with and without a PFD; opening eyes, exhaling and holding breath underwater; and an introduction to floats, glides and kicking skills. Pre-requisite: None.

SWIM - SWIMMER 2 – CHILDREN

Cover jumping into deeper water; falling sideways into the water wearing a PFD; treading water; kicking skills; and an introduction to front and back crawl. Pre-requisite: Swim for Life Swimmer 1 - Complete; Swim for Life Preschool 5 - Narwhal - Complete; Red Cross Swim Kids 1 - Complete; or Red Cross Swim Kids 2 - Incomplete.

SWIM - SWIMMER 3 – CHILDREN

Cover diving; in-water somersaults and handstands to develop weight-transfer skills; Swim to Survive® skills; whip kick on the back; and further development of front and back crawl. Pre-requisite: Swim for Life Swimmer 2 - Complete; or Red Cross Swim Kids 3 - Incomplete or Complete.

SWIM - SWIMMER 4 – CHILDREN

Cover diving; treading water and swimming underwater; Swim to Survive® standard; development of breaststroke; and further development of front and back crawl. Pre-requisite: Swim for Life Swimmer 3 - Complete; Red Cross Swim Kids 4 - Incomplete or Complete; or Red Cross Swim Kids 5 - Incomplete.

SWIM - SWIMMER 5 - CHILDREN

Cover mastering dives and swimming in deep water; Swim to Survive® skills; eggbeater kick development; further development of breaststroke and front and back crawl; and interval training and sprinting drills to continue to challenge swimmers. Pre-requisites: Swim for Life Swimmer 4 - Complete; Red Cross Swim Kids 5 - Complete; or Red Cross Swim Kids 6 - Incomplete.

SWIM - SWIMMER 6 - CHILDREN

Cover deep water skills including stride entries and compact jumps; lifesaving kicks such as eggbeater and scissor; further development of breaststroke and front and back crawl; head-up swims; interval training; and a 300m workout to develop strength and endurance. Pre-requisites: Swim for Life Swimmer 5 - Complete; Red Cross Swim Kids 6 - Complete; or Red Cross Swim Kids 7 - Incomplete.



SWIM - SWIMMER 7 - ROOKIE PATROL - CHILDREN

Cover further development of the breaststroke and front and back crawl; individual fitness to meet a timed 100m swim and 350m workout; water proficiency skills that include swimming with clothes on, ready position and feet-first/head-first surface dives; demonstrating the ability to conduct a primary assessment and calling EMS as part of First Aid skills; and victim recognition and throwing assists. Pre-requisite: Swim for Life Swimmer 6 - Complete; Red Cross Swim Kids 7 - Complete; or Red Cross Swim Kids 8 - Incomplete.

SWIM - SWIMMER 8 - RANGER PATROL

Cover lifesaving sport skills with a lifesaving stroke medley, timed object support and a noncontact rescue with a buoyant aid; eggbeater kick; increased fitness levels to meet a 200m timed swim; and First Aid focused on unconscious victims and obstructed airway procedures. Pre-requisite: Swim for Life Swimmer 7 - Complete; or Red Cross Swim Kids 8 - Complete; or Red Cross Swim Kids 9 - Incomplete or Complete.

SWIM - SWIMMER 9 - STAR PATROL

Cover completing a 300m timed swim, 600m workout and a 25m object carry; refining of strokes; lifesaving skills that include use of rescue aids, defense methods, victim removals and supporting a victim in shallow water; and First Aid that focuses on treatment of bone or joint injuries and respiratory emergencies. Pre-requisite: Swim for Life Swimmer 8 - Complete; or Red Cross Swim Kids 10 - Incomplete.

SWIM - TEEN 1 - YOUTH

Cover working towards a 10-15m swim on the front and back while learning safe entries into shallow and deep water; skills development while wearing a PFD; breath control and underwater skills; an introduction to floats, glides, flutter kick and vertical whip kick; improving fitness through interval training; and learning front and back crawl.

SWIM - TEEN 2 - YOUTH

Cover the development of fitness by working on two interval training workouts, sprints and front and back crawl; Swim to Survive®; and the further development of deep water entries/skills while wearing a PFD; the further development of the whip kick; and an introduction to breaststroke. Pre-requisite: Teen 1.

SWIM - TEEN 3 - YOUTH

Cover mastering breaststroke and front and back crawl; fitness training with a 300m workout, sprint challenges and interval training; eggbeater, diving and compact jumps; and the further development of treading water and underwater skills. Pre-requisite: Teen 2.

SWIM - TEEN FITNESS SWIMMER - YOUTH

Work to improve overall physical fitness in the water in this structured approach based on accepted training principles including stretches, interval training, sprints and distance swims.



SWIM - ADULT FITNESS SWIMMER - ADULTS

Work to improve overall physical fitness in the water in this structured approach based on accepted training principles including stretches, interval training, sprints and distance swims.

SWIM - ADULT 1 - ADULTS

Cover working towards a 10-15m swim on the front and back while learning safe entries into shallow and deep water; skills development while wearing a PFD; breath control and underwater skills; an introduction to floats, glides, flutter kick and vertical whip kick; improving fitness through interval training; and learning front and back crawl. Pre-requisite: None.

SWIM - ADULT 2 - ADULTS

Cover the development of fitness by working on two interval training workouts, sprints and front and back crawl; Swim to Survive®; and the further development of deep water entries/skills while wearing a PFD; the further development of the whip kick; and an introduction to breaststroke. Pre-requisite: Swim - Adult 1.

SWIM - ADULT 3 - ADULTS

Cover mastering breaststroke and front and back crawl; fitness training with a 300m workout, sprint challenges and interval training; eggbeater, diving and compact jumps; and the further development of treading water and underwater skills. Pre-requisite: Swim - Adult 2.