

RED CROSS TO OLYMPIC WAY CONVERSION

We are proud to announce that John Abbott College Casgrain Pool has switched to The Olympic Way swimming program. The Olympic Way swimming program has eight swimming levels (ten with tots and beginner) ranging in ability from beginner to accomplished swimmer. The detailed requirements for each level are listed below. A child must master every skill at each level before progressing to the next.

We have included a chart below to help you determine the equivalent level from Red Cross to help your child transition into the Olympic Way program. In order to preserve the integrity of each class, we reserve the right to transfer children who are not in the appropriate level. Should there be no availability in the appropriate level a pro-rated credit will be offered for future sessions.

RED CROSS		OLYMPIC WAY	AGES	DESCRIPTION
PRE-K	KIDS			
Tots		Tots (parented)	4 – 24 months	Fun-filled learning for parents and children, who learn how to be comfortable in the water through play. Child must be 4 months old before the start of the session.
		Beginner	8 years +	An option for children who cannot perform skills in White or Yellow and are 8 years or older.
Sea Otter	SK 1	White	2 – 7 years	<ul style="list-style-type: none"> • Jump from side with bubble on, unassisted • Swim 12 m (1 width) with bubble on, forward swimming arms with directional control • Blow bubbles while swimming with bubble on • Swim 2 m unassisted (no jump), face in the water • Back float with head assistance
Salamander	SK 1			
Sunfish	SK 2	Yellow	3 – 7 years	<ul style="list-style-type: none"> • Jump in, unassisted • Demonstrate a front and a back glide – push off the wall, body at surface • Swim 12 m unassisted with no bubble, face in water • Front float and back float, unassisted (5 seconds)
Crocodile	SK 2			
Whale	SK 3	Green	4 – 11 years	<ul style="list-style-type: none"> • Push off wall streamline with kick – 6 m • Swim Front Crawl – 12 m (1 width) with face in water and arms out, begin breathing to the side • Endurance swim – 24 m continuously • Backstroke kick – 12 m (1 width) with head back and horizontal body position • Rolling floats (front to back, back to front) • Retrieve item from bottom of pool
	SK 4			
	SK 5	Red	5 – 15 years	<ul style="list-style-type: none"> • Submerged push off into streamline kick • Front Crawl – 25 m with breathing to the side, full arm extension and finished pull • Backstroke kick – 25 m horizontal body position, feet break surface of water • Backstroke – 12 m (1 width) with flat body position, straight arm recovery

	SK 6	Blue	6 – 16 years	<ul style="list-style-type: none"> • Push off wall streamline position (back) • Front crawl – 50 m bilateral breathing • Backstroke – 25 m continuous and alternating arms • Breaststroke kick – 25 m proper turnout of feet, forward propulsion
	SK 7			
	SK 8	Bronze	7 – 16 years	<ul style="list-style-type: none"> • Front Crawl – 50 m proper catch, pull, finish • Backstroke – 50 m shoulder roll, steady kick • Breaststroke – 50 m coordination of pull-breathe-kick-glide • Introduction to starts
	SK 9	Silver	8 – 16 years	<ul style="list-style-type: none"> • Front Crawl – 75 m • Backstroke – 75 m underwater arm action with catch-pull-finish • Breaststroke – 75 m proper arm mechanics and timing • Butterfly kick – 50 m legs together, full kick from hip • Introduction to butterfly arms • Introduction to flip turns
	SK 10	Gold	9 – 16 years	<ul style="list-style-type: none"> • Front Crawl – 100 m • Backstroke – 100 m • Breaststroke – 100 m • Butterfly – 50 m proper arm mechanics and timing