

Swimming Lessons

Red Cross Swimming Lessons



The Rainbow Road pool offers swimming lessons for all ages and stages. Our Preschool programs starts at age 3 and focuses mainly on making the swimmer water safe. Can they jump into the pool and get themselves back to the edge safely? Once that is accomplished then we focus on proper strokes and water skills. The Red Cross Swim Kids Program is directed towards swimmers 6 years and older. This program has the same structure as our Preschool Program but is better suited for an old swimmer.

Lesson Descriptions

Preschool (3 – 6 years old)

Preschool 1 (PS1)

This level is for children who have never had lessons before. The instructor will focus on getting in and out of the water safely, blowing bubbles, getting the face wet and moving through the water.

Preschool 2 (PS2)

At this level, the instructor will focus on getting the head wet, assisted front and back floats, and kicking feet in the water.

Preschool 3 (PS3)

These swimmers will focus on front and back floats and moving through the water with a swimming action. They will swim in deep water and jump off the edge and return to the side.

Preschool 4 (PS4)

At this level, the swimmers will learn to swim 5metres on their front and back. They will also jump into deep water, learn about propulsion and the importance of swimming with a buddy.

Red Cross Swim Kids (6 – 13+ years old)

Swim Kids 1 (SK1)

These swimmers will learn how to safely enter the water, float on their front and back, and swim a distance of 5 metres.

Swim Kids 2 (SK2)

At this level, the swimmers are introduced to deep water and will be asked to swim 10 metres. Front crawl is introduced.

Swim Kids 3 (SK3)

Swimmers will need to support themselves in deep water for 20 seconds in this level. They will also learn how to do a sitting dive and swim 5 metres of front crawl.

Swim Kids 4 (SK4)

These swimmers will be required to swim one whole length of the pool (25 metres). Back crawl is introduced at this level, as well as kneeling dives.

Swim Kids 5 (SK5)

At this level, swimmer will fine tune their front and back crawl. Whip kick is introduced. The distance requirement is 50 metres continuous swim.

Swim Kids 6 (SK6)

The instructor will help the swimmers learn about ice safety. The swimmer will be required to swim 3 lengths of the pool and do a standing dive.

Swim Kids 7 (SK7)

Here the swimmers must swim 6 lengths of the pool using any stroke they wish. Elementary back stroke, back crawl and front crawl are refined.

Swim Kids 8 (SK8)

Swimmers must complete 300 metres (12 lengths) of the pool. Breast stroke is evaluated at this level and rescue breathing is introduced.

Swim Kids 9 (SK9)

At this level, swimmers must demonstrate endurance, speed and fitness for a variety of strokes.

Swim Kids 10 (SK10)

The butterfly stroke is introduced and evaluated at this level. The swimmers must swim 20 lengths of the pool and demonstrate good mechanics in all strokes.

Privates Lessons

Call 250.537.1402 for available times.

\$20.86 - ½ hour private lesson

\$31.27 – ½ hour semi-private lessons (2 participants)