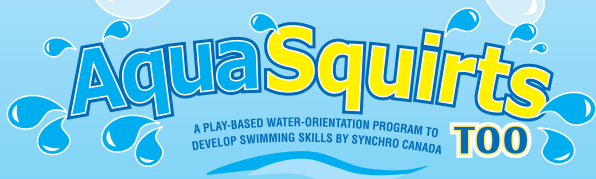


## Just Add Water!

If you love rolling, twisting and hanging upside down in the water, you'll love AquaSquirts!



[www.aquasquirts.ca](http://www.aquasquirts.ca)

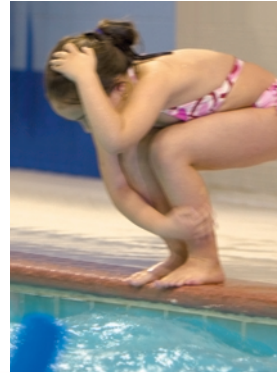
### All About AquaSquirts

This activity-based water orientation programs for girls and boys aged 11 years old and younger helps swimmers improve:

- breath control
- coordination
- propulsion

### The Benefits of AquaSquirts

The AquaSquirts Programs are intended to complement a child's progression through swimming levels. The skills taught in AquaSquirts form the foundation for every swimming stroke and skill that a child will ever learn. The Programs take all the fun elements of 'learn to swim' classes and packages them into one program. It is perfect for a child who needs a break from swimming lessons or is stuck at one level. For the child who is quickly progressing through the swimming levels, AquaSquirts can also be the ideal interim program.



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### AquaSquirts - A Play-Based Approach

AquaSquirts develops swimming skills using a play-based approach, a teaching method that is well-documented by child development researchers. Each AquaSquirts class uses creative themes such as:

#### AquaSquirts

- Let's Float
- Let's Visit Sea Creatures
- Let's Go Upside Down

#### AquaSquirts TOO

- Pirate Surprise
- Anchors Away
- Oh Canada!
- Oceans Alive

Children perform a show for parents and friends at the end of each session and receive a participation certificate and Squirt sticker as a reward for their hard work. There are no tests or levels to pass – it's pure FUN!

### AquaSquirts Instructors

The AquaSquirts Programs are taught by:

- Certified Red Cross Water Safety Instructors with AquaSquirts Training
- Certified Synchro Instructors



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### AquaSquirts Prerequisites

Children must be comfortable in chest deep water, be able to swim 2 metres or more and be able to float on their front and back (note: less experienced swimmers can use flotation devices for assistance if needed). A child is ready for AquaSquirts if he/she has participated in Red Cross SwimKids 3 or the former Red Cross program called AquaQuest 4. Preschoolers who have successfully completed the Whale program by Red Cross would also benefit from AquaSquirts.

### AquaSquirts & Adaptive Aquatics

AquaSquirts is suitable for children with special needs and/or children with disabilities because the philosophy of the program allows for swimmers to learn and improve basic water orientation skills in a relaxed and creative environment. AquaSquirts instructors will customize the weekly lessons to suit the individual needs of each participant. This unique approach to teaching aquatic skills makes AquaSquirts ideal for children with special needs, including swimmers with disabilities.



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### AquaSquirts and Aquatic Literacy

AquaSquirts meets the aquatic literacy requirement of the Canadian Sport for Life (Long-Term Athlete Development) training model under the Active Start and FUNdamentals stages.

### Make a Splash with AquaSquirts!

To find an AquaSquirts program offered in your area, contact your local pool, local synchronized swimming club or swim club. Visit our website or email us at [info@aquasquirts.ca](mailto:info@aquasquirts.ca).



Canadian Heritage  
Patrimoine canadien  
Sport Canada



Canadian Red Cross  
[www.redcross.ca](http://www.redcross.ca)