

Swim for Life Aquatic Registration

Before you make your swim class selection, please check our registration guidelines below.

Note: Lifesaving Society Swim Lesson Levels are not equivalent to Red Cross Swim Lesson Levels. Example: Swimmer 1 is not a direct equivalent to Swim Kids 1.



		Register in Lifesaving Society:
If your child is under 3 years of age:	<i>Is 4 to 12 months old</i>	Parent & Tot 1
	<i>Is 12 to 24 months old</i>	Parent & Tot 2
	<i>Is 24 to 36 months old</i>	Parent & Tot 3

		Register in Lifesaving Society:
If your child is 3-5 years old:	<i>No previous swimming experience</i>	
	<i>Parent & Tot Levels (Starfish, Duck, Sea Turtle)</i>	Preschool 1
	<i>Sea Otter</i>	
	<i>Salamander</i>	Preschool 2
	<i>Sunfish</i>	Preschool 3
	<i>Crocodile</i>	Preschool 4
	<i>Whale</i>	Preschool 5

		Register in Lifesaving Society:
If your child is 6 years of age or older:	<i>No previous swimming experience</i>	
	<i>Sea Otter</i>	
	<i>Salamander</i>	Swimmer 1
	<i>Sunfish</i>	
	<i>Swim Kids 1</i>	
	<i>Crocodile</i>	Swimmer 2
	<i>Swim Kids 2</i>	
	<i>Whale</i>	Swimmer 3
	<i>Swim Kids 3</i>	
	<i>Swim Kids 4</i>	Swimmer 4
	<i>Swim Kids 5</i>	
	<i>Swim Kids 6</i>	Swimmer 5
	<i>Swim Kids 7</i>	Swimmer 6
<i>Swim Kids 8</i>	Rookie Patrol	
<i>Swim Kids 9</i>	Ranger Patrol	
<i>Swim Kids 10</i>	Star Patrol	

Parent and Tot (parented)

The Lifesaving Society Parent & Tot program structures in-water interaction between parent and child to stress the importance of play developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Parent & Tot levels.

P&T 1	4-12 months	Designed for the 4 to 12-month-old and their caregiver. Focus on introduction to the water.
P&T 2	12-24 months	Designed for the 12 to 24-month-old and their caregiver. Focus on introduction to floating and kicking.
P&T 3	24-36 months	Designed for the 2 to 3-year-old and their caregiver. Focus on independent entries, assisted floats and glides.

Preschool (unparented)

The Preschool Program gives children a head start on learning to swim. Preschool Programs develop an appreciation and healthy respect for the water before these kids get in too deep. In our five basic aquatic progressions we work to ensure 3 to 5 year old become comfortable in the water and have fun developing a foundation of water skills. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Preschool levels.

Preschool 1	3-5 yrs. We encourage the parent to participate until their child lets them know they can do it themselves. These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.
Preschool 2	3-5 yrs. These preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a PFD (personal flotation device) they'll glide on their front and back.

Preschool 3	3-5 yrs. These youngsters will try both jumping and a sideways entry into deep water while wearing a PFD (personal flotation device). They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.
Preschool 4	3-5 yrs. Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a PFD (personal flotation device) and gliding and kicking on their side.
Preschool 5	3-5 yrs. These youngsters get more adventuresome with a forward roll entry wearing a PFD (personal flotation device) and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.

Swimmer (unparented)

The Lifesaving Society Swimmer program makes sure children learn how to swim before they get in too deep. Progressions accommodate swimmers 6 years of age and older including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Swimmer levels.

Swimmer 1	6+ yrs. These beginners will become comfortable jumping into water with and without a PFD (personal flotation device). They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back.
Swimmer 2	6+ yrs. These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a PFD (personal flotation device). They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).
Swimmer 3	6+ yrs. These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.

Swimmer program lessons continued on next page.

Swimmer 4	6+ yrs. These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.
Swimmer 5	6+ yrs. These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.
Swimmer 6	6+ yrs. These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 m workout.
Rookie Patrol	6+ yrs. Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving Sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.
Ranger Patrol	6+ yrs. Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.
Star Patrol	6+ yrs. Swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

Adult Swimmer

The Adult Swimmer Program is for beginners who may be just starting out or swimmers who just want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth recognizable strokes. Water Smart® education is part of all levels. Instructors should be prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn to achieve their personal swimming goals.

Adult 1	16+ yrs. You'll work towards a 10-15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9-12 m interval training.
Adult 2	16+ yrs. Kick it up a notch working on two interval training workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10-15 m. You'll be supporting yourself at the surface for 1-2 minutes, and showing off your handstands in shallow water.
Adult 3	16+ yrs. No sweat (or at least none anyone can see). You'll learn eggbeater, stride entries and compact jumps. You'll be doing a 300 m workout and sprinting 25-50 m. You'll master your front crawl, back crawl and breaststroke. Whew!

