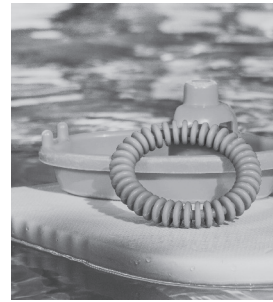


Parent & Tot

At-a-glance



The Lifesaving Society Parent & Tot program structures in-water interaction between parent and child to stress the importance of play in 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.

| Parent & Tot 1 <i>(4–12 months)</i> | Parent & Tot 2 <i>(12–24 months)</i> | Parent & Tot 3 <i>(2–3 years)</i> |
|---|--|--|
| Entries and Exits | | |
| 1. Enter and exit the water safely with tot | 1. Entry from sitting position (assisted) 2. Exit the water (assisted) | 1. Jump entry (assisted) 2. Entry and submerge from sitting position (assisted) 3. Exit the water (unassisted) |
| Underwater Skills | | |
| 2. Readiness for submersion | 3. Blow bubbles on and in water 4. Face wet and in water 5. Attempt to recover object below surface | 4. Hold breath underwater (assisted) 5. Attempt to open eyes underwater 6. Attempt to recover object from bottom |
| Swim to Survive® Skills | | |
| | 6. Entry from sitting position wearing PFD and return (assisted) | 7. Standing jump entry, return to edge (assisted) 8. Jump entry and float wearing PFD (assisted) |
| Movement / Swimming Skills | | |
| 3. Hold tot on front, eye contact 4. Hold tot on back, head and back support 5. Front float (face out) – assisted 6. Back float (assisted) 7. Float wearing PFD (assisted) 8. Arms: splashing, reaching, paddling, on front and back 9. Legs: tickling, splashing, kicking, on front and back | 7. Front float (face in) – assisted 8. Back float (assisted) 9. Kicking on front and back (assisted) 10. Surface passes with continuous contact | 9. Front and back “starfish” floats (assisted) 10. Front and back “pencil” floats (assisted) 11. Kicking on front and back (assisted) 12. Underwater passes |
| Water Smart® Education | | |
| 10. Water Smart messages: Within Arms’ Reach; Wear a Lifejacket; Swim to Survive | 11. Water Smart messages: Within Arms’ Reach; Wear a Lifejacket; Swim to Survive | 13. Water Smart messages: Within Arms’ Reach; Wear a Lifejacket; Swim to Survive |

Preschool

At-a-glance

The Lifesaving Society 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-olds 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 | Preschool 2 | Preschool 3 |
|--|---|---|
| Entries and Exits | | |
| <ol style="list-style-type: none"> 1. Enter and exit shallow water (assisted) 2. Jump into chest-deep water (assisted) | <ol style="list-style-type: none"> 1. Enter and exit shallow water wearing PFD 2. Jump into chest-deep water | <ol style="list-style-type: none"> 1. Jump into deep water wearing PFD, return and exit 2. Sideways entry wearing PFD |
| Underwater Skills | | |
| <ol style="list-style-type: none"> 3. Face in water 4. Blow bubbles in water | <ol style="list-style-type: none"> 3. Submerge 4. Submerge and exhale 3 times | <ol style="list-style-type: none"> 3. Hold breath underwater 3 sec. 4. Submerge and exhale 5 times 5. Recover object from bottom in waist-deep water |
| Swim to Survive® Skills | | |
| | | <ol style="list-style-type: none"> 6. Back float; roll to front; swim 3 m |
| Movement / Swimming Skills | | |
| <ol style="list-style-type: none"> 5. Float on front and back (3 sec. each) assisted 6. Safe movement in shallow water wearing PFD 7. Glide on front and back (3 m each) assisted | <ol style="list-style-type: none"> 5. Float on front and back (3 sec. each) wearing PFD or with buoyant aid 6. Roll laterally front to back and back to front, wearing PFD 7. Glide on front and back (3 m each) wearing PFD or with buoyant aid 8. Flutter kick on back with buoyant aid 5 m | <ol style="list-style-type: none"> 7. Float on front and back 5 sec. each 8. Roll laterally front to back and back to front 9. Glide on front and back 3 m each 10. Flutter kick on back 5 m 11. Flutter kick on front 5 m |
| Water Smart® Education | | |
| <ol style="list-style-type: none"> 8. Water Smart messages: Within Arms' Reach; Wear a Lifejacket | <ol style="list-style-type: none"> 9. Water Smart messages: Within Arms' Reach; Wear a Lifejacket | <ol style="list-style-type: none"> 12. Water Smart messages: Within Arms' Reach; Wear a Lifejacket |

| Preschool 4 | Preschool 5 |
|--|--|
| Entries and Exits | |
| <ol style="list-style-type: none"> 1. Jump into deep water, return and exit 2. Sideways entry | <ol style="list-style-type: none"> 1. Forward roll entry wearing PFD |
| Surface Support | |
| <ol style="list-style-type: none"> 3. Tread water 10 sec. wearing PFD | <ol style="list-style-type: none"> 2. Tread water 10 sec. |
| Underwater Skills | |
| <ol style="list-style-type: none"> 4. Open eyes underwater 5. Recover object from bottom in chest-deep water | <ol style="list-style-type: none"> 3. Submerge and hold breath 5 sec. 4. Recover object from bottom in chest-deep water |
| Swim to Survive® Skills | |
| <ol style="list-style-type: none"> 6. Wearing a PFD, sideways entry into deep water; tread 15 sec.; swim / kick 5 m 7. Front float; roll to back; swim 5 m | <ol style="list-style-type: none"> 5. Wearing PFD, sideways entry into deep water; tread 20 sec.; swim / kick 10 m |
| Movement / Swimming Skills | |
| <ol style="list-style-type: none"> 8. Glide on side 3 m 9. Flutter kick: on front 7 m; on back 7 m; on side 5 m 10. Front crawl 5 m wearing PFD | <ol style="list-style-type: none"> 6. Whip kick in vertical position 20 sec. with a PFD or buoyant aid 7. Front crawl 5 m 8. Back crawl 5 m |
| Fitness | |
| | <ol style="list-style-type: none"> 9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests |
| Water Smart® Education | |
| <ol style="list-style-type: none"> 11. Water Smart messages: Within Arms' Reach; Wear a Lifejacket | <ol style="list-style-type: none"> 10. Water Smart messages: Within Arms' Reach; Wear a Lifejacket |

Swimmer

At-a-glance

The Lifesaving Society Swimmer program makes sure children learn how to swim before they get in too deep. Progressions accommodate 5 to 12-year-olds 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.



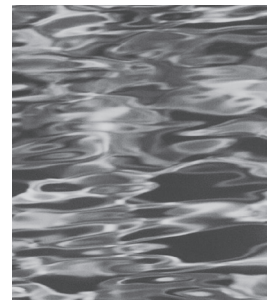
| Swimmer 1 | Swimmer 2 | Swimmer 3 |
|---|--|---|
| Entries and Exits | | |
| <ol style="list-style-type: none"> 1. Enter and exit shallow water 2. Jump into chest-deep water 3. Jump into deep water wearing PFD | <ol style="list-style-type: none"> 1. Jump into deep water, return and exit 2. Sideways entry wearing PFD | <ol style="list-style-type: none"> 1. Kneeling dive into deep water 2. Forward roll entry into deep water |
| Surface Support | | |
| <ol style="list-style-type: none"> 4. Tread water 30 sec. wearing PFD | <ol style="list-style-type: none"> 3. Tread water 15 sec. | <ol style="list-style-type: none"> 3. Tread water 30 sec. |
| Underwater Skills | | |
| <ol style="list-style-type: none"> 5. Hold breath underwater 5 sec. 6. Submerge and exhale 5 times 7. Open eyes underwater | <ol style="list-style-type: none"> 4. Recover object from bottom in chest-deep water | <ol style="list-style-type: none"> 4. Handstand in shallow water 5. Front somersault (in water) |
| Swim to Survive® Skills | | |
| | <ol style="list-style-type: none"> 5. Wearing PFD, jump into deep water, tread 30 sec. and swim / kick 15 m | <ol style="list-style-type: none"> 6. Jump into deep water, tread 30 sec. and swim / kick 25 m |
| Movement / Swimming Skills | | |
| <ol style="list-style-type: none"> 8. Float on front and back 5 sec. each 9. Roll laterally front to back and back to front 10. Glide on front, back and side 3 m each 11. Flutter kick on front and back 5 m each 12. Front crawl 5 m wearing PFD | <ol style="list-style-type: none"> 6. Flutter kick on front, back and side 10 m each 7. Whip kick in vertical position 30 sec. with aid 8. Front crawl and back crawl 10 m each | <ol style="list-style-type: none"> 7. Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m 8. Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m 9. Whip kick on back 10 m 10. Front crawl and back crawl 15 m each |
| Fitness | | |
| | <ol style="list-style-type: none"> 9. Interval training: 4 x 5 m flutter kick with 20 sec. rests | <ol style="list-style-type: none"> 11. Interval training: 4 x 15 m flutter kick with 20 sec. rests |
| Water Smart® Education | | |
| <ol style="list-style-type: none"> 13. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive | <ol style="list-style-type: none"> 10. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive | <ol style="list-style-type: none"> 12. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive |

| Swimmer 4 | Swimmer 5 | Swimmer 6 |
|--|--|--|
| Entries and Exits | | |
| 1. Standing dive into deep water | 1. Shallow dive into deep water 2. Tuck jump (cannonball) into deep water | 1. Stride entry into deep water 2. Compact jump into deep water |
| Surface Support | | |
| 2. Tread water 1 min. | 3. Jump entry into deep water, and tread 2 min. 4. Stationary eggbeater kick 30 sec. | 3. Legs-only surface support 45 sec. |
| Underwater Skills | | |
| 3. Swim underwater 5 m | 5. Back somersault (in water) | 4. Swim underwater 10 m to recover object |
| Swim to Survive® Skills | | |
| 4. Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m | 6. Roll entry into deep water, tread 90 sec. and swim 75 m | |
| Movement / Swimming Skills | | |
| 5. Whip kick on front 15 m 6. Breaststroke arms drill 15 m 7. Front crawl and back crawl 25 m each | 7. Breaststroke 25 m 8. Front crawl and back crawl 50 m each 9. Head-up front crawl 10 m | 5. Eggbeater kick on back 15 m 6. Scissor kick 15 m 7. Breaststroke 50 m 8. Front crawl and back crawl 100 m each 9. Head-up swim 25 m |
| Fitness | | |
| 8. Interval training: 4 x 25 m front or back crawl with 20 sec. rests 9. Sprint front crawl 25 m | 10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests 11. Interval training: 4 x 15 m breaststroke with 30 sec. rests 12. Sprint front crawl and back crawl 25 m each | 10. Interval training: 4 x 25 m breaststroke with 30 sec. rests 11. Sprint breaststroke 25 m 12. Workout 300 m: 50 m warm-up (choice of strokes) 4 x 25 m front crawl with 15 sec. rests 4 x 25 m back crawl with 15 sec. rests 50 m cool-down (choice of strokes) |
| Water Smart® Education | | |
| 10. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive | 13. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive | 13. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive |

Adult Swimmer

At-a-glance

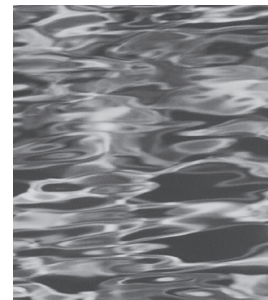
The Adult Swimmer program is for beginners who may be just starting out or swimmers who just want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth recognizable strokes. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Adult Swimmer 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 | Adult 2 | Adult 3 |
|---|--|--|
| Entries and Exits | | |
| <ol style="list-style-type: none"> 1. Enter and exit shallow water 2. Jump into deep water, return and exit 3. Sideways entry wearing PFD | <ol style="list-style-type: none"> 1. Standing dive into deep water 2. Forward roll entry into deep water with and without PFD 3. Tuck jump (cannonball) into deep water | <ol style="list-style-type: none"> 1. Shallow dive into deep water 2. Stride entry into deep water 3. Compact jump into deep water |
| Surface Support | | |
| <ol style="list-style-type: none"> 4. Tread water 30 sec. wearing PFD | <ol style="list-style-type: none"> 4. Tread water 1–2 min. | <ol style="list-style-type: none"> 4. Legs-only surface support 30–60 sec. |
| Underwater Skills | | |
| <ol style="list-style-type: none"> 5. Hold breath underwater 5–10 sec. 6. Submerge and exhale 5–10 times 7. Open eyes underwater 8. Recover object from bottom in chest-deep water | <ol style="list-style-type: none"> 5. Handstand in shallow water 6. Front somersault (in water) 7. Swim underwater 5–10 m | <ol style="list-style-type: none"> 5. Back somersault (in water) 6. Swim underwater 5–10 m to recover object |
| Swim to Survive® Skills | | |
| <ol style="list-style-type: none"> 9. Wearing PFD, jump into deep water, tread 30 sec. and swim / kick on back 5–10 m | <ol style="list-style-type: none"> 8. Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m | |
| Movement / Swimming Skills | | |
| <ol style="list-style-type: none"> 10. Float on front and back 11. Roll laterally front to back and back to front 12. Glide on front, back and side 3–5 m each 13. Flutter kick on front, back and side 10–15 m each 14. Whip kick in vertical position with PFD 15–30 sec. 15. Front crawl or back crawl 10–15 m | <ol style="list-style-type: none"> 9. Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m 10. Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m 11. Whip kick on back 10–15 m 12. Whip kick on front 10–15 m 13. Breaststroke arms drill 10–15 m 14. Front crawl and back crawl 25–50 m each | <ol style="list-style-type: none"> 7. Eggbeater kick on back or scissor kick on side 10–15 m 8. Breaststroke 25–50 m 9. Front crawl and back crawl 50–100 m each 10. Head-up front crawl 10–15 m |

Adult Swimmer

At-a-glance



| Adult 1 | Adult 2 | Adult 3 |
|---|---|---|
| Fitness | | |
| <p>16. Interval training: 4 x 9–12 m flutter kick with 10–15 sec. rests</p> | <p>15. Interval training: 4 x 25 m flutter kick with 15–20 sec. rests</p> <p>16. Interval training: 4 x 25 m front or back crawl with 15–20 sec. rests</p> <p>17. Sprint front crawl 25 m</p> | <p>11. Interval training: 4 x 50 m front or back crawl or breaststroke with 30 sec. rests</p> <p>12. Sprint (25–50 m) front crawl, back crawl, or breaststroke</p> <p>13. Workout 300 m: 50 m warm-up (choice of strokes) 4 x 25 m front crawl with 15 sec. rests 4 x 25 m back crawl with 15 sec. rests 50 m cool-down (choice of strokes)</p> |
| Water Smart® Education | | |
| <p>17. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive; Within Arms' Reach</p> | <p>18. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive; Within Arms' Reach</p> | <p>14. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive; Within Arms' Reach</p> |

Fitness Swimmer

At-a-glance

The Fitness Swimmer program is for swimmers of any age who want to improve their overall physical fitness in the water and be active for life. Fitness Swimmer provides a structured approach to improve physical fitness based on accepted training principles and practices including interval training. Participants set their own goals for everyday active living.



Fitness Swimmer

1. Pace clocks and timers
2. Stretches for swimmers
3. Kicking interval training
4. Swimming interval training
5. Workout – 300 m
6. Workout design
7. Distance swim
8. Sprint swim

Fitness

1 *Pace clocks and timers.*

2 *Stretches for swimmers.*

Purpose

To develop the ability to use timing devices for pace development and as a training tool.

To introduce basic stretches appropriate for swimmers.

Must See

- Use of a timer to measure swimming time over a specific distance
- Use of a timer to measure and control rest time between intervals
- Use of a timer to measure personal pulse rate during training

- Four stretches for swimmers demonstrated

Notes

- Timers may include a variety of devices such as pace clocks, stop watches, swimmer's watches or watches with stop watch functions, or a coach who provides verbal time cues.
- Timing is important to support many training activities.

- Encourage learners to stretch safely. Maintain a gentle continuous stretch (15–30 sec.) that creates gentle tension, but no pain.
- Stretches can be performed whenever the swimmer chooses. This may be before, after or during training activities.