

Swim for Life

The Lifesaving Society Swim Program.

Parent & Tot

For children aged 4 months to 3+ years and their parents. Parent & Tot levels are based on the "Within Arms' Reach" principle. Focus is on close playful interaction and shared fun between child, parent, and water.

Parent & Tot 1

Splish! Splash! Laugh! Babies just love to play in water. Parents with 4-12 month old babies will explore the water together as they learn safe entries, exits, and basic supports.

Parent & Tot 2

Ready ... Set ... Get Wet! Parents with 12-24 month old children safely explore the joys of floating and kicking. Celebrate your child's first bubble!

Parent & Tot 3

Water them and watch them grow! At 2-3 years, these almost toddlers are ready to explore on their own. Get in, get out, go under, and float under parental & instructor guidance!

Preschool

Get a head start on learning to swim! Learn the basics to be safe and confident little swimmers. Water Smart® education is part of every Preschool level.

Preschool 1

Get in and out of the water safely. Swimmers move safely in shallow water and use a lifejacket to be comfortable with floats and glides.

Preschool 2

Explore the water: submerge and exhale under water! Buoyant aids are used to help swimmers discover rollovers, glides, and kicks.

Preschool 3

Master floats, glides, and short swims on front and back. Picking up objects from waist deep water and using lifejackets to jump & roll into the deep end is part of the fun!

Preschool 4

Strengthen flutter kicks and attempt front crawl! Learn unassisted jumps & rolls into deep water as well as surface supports. Use a lifejacket to tread water and swim to safety.

Preschool 5

Master short swims with front crawl and back crawl. Deep water activities include forward rolls with lifejacket and treading water without extra support. Whip kick and fitness training are introduced.

Water Smart® Education

You can spot people who are Water Smart® right away! They're the ones who know how to swim and behave safely in, on, and around water. Swim for Life includes fun, hands-on teaching activities that focus on teaching water safety for the whole family. Lessons that will last a lifetime!

Swimmer

Learn how to swim before you get in too deep. Swimmer levels challenge school-aged children to develop safe entries, deep water support, underwater skills, and swimming strokes. Kids learn everlasting healthy habits by getting and staying fit.

Swimmer 1

Beginner swimmers work on safe entries, exits, and movement through the water. Floats, glides, and kicks provide foundation for swimming skills. Lifejackets assist deep water activities including entries and treading water.

Swimmer 2

Enter deep water, tread water, and swim front crawl & back crawl. Swimmers learn whip kick and are introduced to interval training for fitness and endurance.

Swimmer 3

Dive and roll into deep water. Handstands and somersaults are added to the mix. Front crawl, back crawl, and whip kick become routine selections in interval training. Swimmers work to meet the Canadian Swim to Survive® Standard.

Swimmer 4

Swim far with front crawl and back crawl! Breaststroke drills, underwater swims, and sprints are introduced. Interval training intensifies to add to fitness level.

Swimmer 5

Go the distance with strong front crawl, back crawl, and breaststroke! Advanced skills including eggbeater kick, head up front crawl, and shallow dives are introduced.

Swimmer 6

Master eggbeater & scissor kicks, front crawl, back crawl, and breaststroke! Interval training and sprint racing drills prepare swimmers for a 300 m workout. Stride entries and compact jumps prepare swimmers for the Canadian Swim Patrol program.

Adult Swimmer

Learn the basics, improve swimming skills for fitness, prepare for outdoor life ... Adult Swimmer levels build confidence with strong swimming strokes required for daily, active living.

Adult Swimmer 1

Beginner swimmers work on safe entries, exits, and movement through the water. Floats, glides, and kicks provide foundation for strong swimming strokes. Lifejackets assist deep water activities. Fitness drills suitable for skill level increase strength and endurance.

Adult Swimmer 2

Front crawl and back crawl skills are introduced to prepare swimmers for interval and sprint training. Boost confidence in the water with deep water entries and underwater skills including handstands and somersaults.

Adult Swimmer 3

Swimmers master lifesaving kicks and swimming strokes. Interval training and sprint racing drills prepare swimmers for 300 m endurance workout. Advanced deep water entries and underwater skills include dives and back somersaults.

Fitness Swimmer

Learn to design your own individualized workout! Use of pace clocks and timers help swimmers set and reach personal goals. Get in, get fit, and create workouts that are worthy of your time!



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