

# Lifesaving Society Swim for Life Program Descriptions

**Parent & Tot: 6–36 months**

**Preschool: 3–5 years**

Participants must be minimum age by course start date.

Level	Summary of Skills Taught	Class Length	Canadian Sport for Life Long-Term Athlete Development
<b>Parent &amp; Tot 1 and 2</b>	Spend quality time with your child while you both have fun and learn and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions.	30 minutes 9/10 lesson session 5 lessons–45 mins.	<b>active start</b>
<b>Parent &amp; Tot 3</b>	Spend quality time with your child while they have fun learning to swim and socialize. Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions.	30 minutes 9/10 lesson session 5 lessons–45 mins.	<b>active start</b>
<b>Preschool 1</b>	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 face wet and blow bubbles underwater.	30 minutes 9/10 lesson session 5 lessons–45 mins.	<b>active start</b>
<b>Preschool 2</b>	These preschoolers learn to jump into chest deep water by themselves and get in and get out wearing a lifejacket or personal flotation device. They'll submerge and exhale underwater. While wearing a lifejacket or personal flotation device, they'll also learn to glide on their front and back.	30 minutes 9/10 lesson session 5 lessons–45 mins.	<b>active start</b>
<b>Preschool 3</b>	These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket or 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.	30 minutes 9/10 lesson session 5 lessons–45 mins.	<b>active start</b>
<b>Preschool 4</b>	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. While wearing a personal flotation device or lifejacket children will master a short (5 m) swim on their front, as well as gliding and kicking on their side.	30 minutes 9/10 lesson session 5 lessons–45 mins.	<b>active start</b>
<b>Preschool 5</b>	These youngsters get more adventuresome with a forward roll entry wearing a lifejacket or personal flotation device. Children will learn treading water skills for 10 sec. They'll work on front and back crawl swims for 5 m, interval training of whip kick.	30 minutes 9/10 lesson session 5 lessons–45 mins.	<b>active start</b>

# Lifesaving Society Swim for Life Program Descriptions

## Children: 6–12 years

Participants must be minimum age by course start date.

Some sites offer “premium classes” — a smaller class with lower student-to-teacher ratio.

Level	Summary of Skills Taught	Class Length	Canadian Sport for Life Long-Term Athlete Development
<b>Swimmer 1</b>	Candidates will become comfortable jumping into water with and without a lifejacket or 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.	30 minutes 9/10 lesson session 5 lessons–45 mins.	<b>active start</b>
<b>Swimmer 2</b>	These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water while wearing a lifejacket or 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).	30 minutes 9/10 lesson session 5 lessons–45 mins.	<b>active start</b>
<b>Swimmer 3</b>	These junior swimmers will learn to dive, do front somersaults, and handstands in the water. They'll also work on 15 m of front crawl, and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.	30 minutes 9/10 lesson session 5 lessons–45 mins.	<b>fundamentals</b>
<b>Swimmer 4</b>	These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. This level includes the completion of 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.	30 minutes 9/10 lesson session 5 lessons–45 mins.	<b>fundamentals</b>
<b>Swimmer 5</b>	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.	45 minutes 9/10 lesson session 5 lessons–60 mins.	<b>fundamentals</b>
<b>Swimmer 6</b>	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. Swimmers will develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke.	45 minutes 9/10 lesson session 5 lessons–60 mins.	<b>fundamentals</b>
<b>Swimmer 7: Rookie Patrol</b>	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.	45 minutes 9/10 lesson session 5 lessons–60 mins.	<b>learn to train</b>
<b>Swimmer 8: Ranger Patrol</b>	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 airways procedures. Skill drills develop a strong lifesaving foundation.	45 minutes 9/10 lesson session 5 lessons–60 mins.	<b>learn to train</b>
<b>Swimmer 9: Star Patrol</b>	Swimmers are challenged with 600 m workouts; 300 m timed swims and a 25 m object carry. Strokes are refined over 100m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defense methods, victim removals and rolling over and supporting a victim face up in shallow water.	45 minutes 9/10 lesson session 5 lessons–60 mins.	<b>learn to train</b>
<b>Bronze Star (11–17 years)</b>	Bronze Star develops swimming proficiencies, life-saving skills and personal fitness. Swimmers refine their stroke mechanics, acquire self rescue skills, and apply fitness principles in training workouts. Bronze Star is an excellent preparation for success in Bronze Medallion and provides a fun introduction to life-saving sports.	60 minutes 10 lesson session 5 lessons–2 hours	<b>learn to train</b>

# Lifesaving Society Swim for Life Teen & Adult Program Descriptions

Teen: 12–17 years

Adult: 18 years and over

Level	Summary of Skills Taught	Class Length	Canadian Sport for Life Long-Term Athlete Development
<b>Teen 1</b>	Basic floatation, movement and breathing skills and an introduction to swim strokes. Course will be primarily in the shallow end.	30 or 45 minutes	<b>fundamentals</b>
<b>Teen 2</b>	Course focus on developing the front and back crawl, establishing comfort in deep end and increasing swim distance.	30 or 45 minutes	<b>fundamentals</b>
<b>Teen 3</b>	Refine strokes and improve cardiovascular fitness and endurance. The focus is on proficiency and increased endurance.	30 or 45 minutes	<b>learn to train</b>
<b>Fitness Swimmer (12 years+)</b>	Fitness Swimmer lets you set your own goals to improve overall physical fitness. Fitness Swimmer is a structured approach based on accepted training principles and practices, including interval training, sprints, and distance swims.	30 or 45 minutes	<b>learn to train</b> <b>active for life</b>
<b>Adult 1</b>	Basic floatation, movement and breathing skills and an introduction to swim strokes. Course will be primarily in the shallow end.	30 or 45 minutes	<b>active for life</b>
<b>Adult 2</b>	Course focus on developing the front and back crawl, establishing comfort in deep end and increasing swim distance.	30 or 45 minutes	<b>active for life</b>
<b>Adult 3</b>	Refine strokes and improve cardiovascular fitness and endurance. The focus is on proficiency and increased endurance.	30 or 45 minutes	<b>active for life</b>