

SWIM PROGRAM REGISTRATION CHART

If your child.....	Register in The Lifesaving Society Swim Program:
is 6 to 12 months old and ready to learn to enjoy the water with a parent.	Parent and Tot 1
is 12 to 24 months old and ready to enjoy the water with a parent.	Parent and Tot 2
is 24 to 36 months old and ready to enjoy the water with a parent.	Parent and Tot 3
is 3 to 5 years and just starting out on his or her own.	Preschool A
Can get in and out alone, jump into shallow water, float and glide in a PFD on front and back, blow bubbles and get face wet.	Preschool B
Can get in and out alone, jump into shallow water submerge and exhale underwater, and with a buoyant aid move through the water on front and back.	Preschool C
Can jump into chest-deep water wearing a PFD recover objects from the bottom; move through water on front and back, and while wearing a PFD.	Preschool D
Is 5 to 13 years and just starting out.	Swimmer 1
Can jump into water with and without a PFD; open eyes and exhale underwater, get objects off the bottom, and float and move through the water on front and back.	Swimmer 2
Can jump into deeper water; fall sideways into water wearing a PFD; support self at the surface without an aid; do whip kick; and swim 10-15m on front and back.	Swimmer 3
Does cannonballs, dives and rolls into deep water; can tread water; swim underwater; swim front and back crawl; and can do endurance swims of 25-50m.	Swimmer 4
Can do dives and stride entries; eggbeater kick; foot-first surface dives; front crawl and back crawl; whip kick; breaststroke arms with breathing; and endurance swims of 50-100m.	Swimmer 5
Can do shallow dives; eggbeater kick; foot-first sculling; surface dives; front and back crawl and breaststroke over 50m; sprint 25m; and endurance swim of 100-200m	Swimmer 6
Can do compact jumps; eggbeater kick for 1 minute; head-up front crawl or breaststroke over 25m; 100m front crawl, back crawl, and breaststroke; and endurance swims 200-300m.	Swim Patrol – Rookie
Preferred successful completion of Rookie	Ranger
Preferred successful completion of Ranger	Star
Preferred successful completion of Star	Bronze Star

AQUATICS – LEARN TO SWIM

Parent and Tot

Through 30 minutes of 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. Because activities and progressions are based on child development, register in the level appropriate for your child's age.

Parent and Tot 1 – Age 6 to 12 months

Designed for the 6 to 12 month old to learn and enjoy the water with the parent.

Parent and Tot 2 – Age 12 to 24 months

Designed for the 6 to 12 month old to learn and enjoy the water with the parent.

Parent and Tot 2 – Age 24 to 36 months

Designed for the 6 to 12 month old to learn and enjoy the water with the parent.

Preschool A - Age: 3-5

These preschoolers will have fun learning to get in and out of the water and we will help them jump in the shallow water. They'll try floats and glides on their front and back, and wearing a Personal Floatation Device. They'll learn to open their eyes and blow bubbles underwater. The skills for this program mimic the requirements for Preschool A in an effort to prepare your child to attend preschool programs on their own.

Preschool B – Age 3-5

These preschoolers learn to jump into shallow water by themselves, and get in and out wearing a Personal Flotation Device. They'll submerge and exhale under water. With a buoyant aid, they'll work on moving through the water kicking on their front and back and while wearing a PFD.

Preschool C – Age 3-5

These youngsters will try jumping into chest-deep water, and into deep water wearing a Personal Flotation Device. They'll recover objects from the bottom. They'll work on moving efficiently through the water on their front and back, and while wearing a PFD.

Preschool D – Age 3-5

Advanced preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll learn to support themselves at the surface, and to recover objects from the bottom in deeper water. They'll master short (3-5m) swims on their front and back.

Learn to Swim

Swimmer 1 – Ages 5-13

These beginners will become comfortable jumping into water with and without a Personal Flotation Device. They'll learn to open their eyes and exhale underwater, and gain the skills to confidently get objects off the bottom of the pool. They'll work on floats and moving through the water on their front and back

Swimmer 2 – Ages 5-13

These swimmers will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a Personal Flotation Device. They'll be able to support themselves at the surface without an aid, learn whip kick, and swim 15m on their front and back.

Swimmer 3 – Ages 5-13

These junior swimmers will cannonball, dive and roll into the water. A new bag of tricks includes treading water, handstands, in-water somersaults and swimming underwater. They'll work on front crawl and back crawl over short distances, and endurance swims of 25m.

Swimmer 4 – Ages 5-13

These intermediate swimmers will refine dives and stride entries. They'll wrestle with eggbeater kick, and master foot-first surface dives, and in-water back somersaults. They'll learn to scull and swim lengths of front crawl, back crawl, whip kick, and breaststroke over 50m.

Swimmer 5 – Ages 5-13

These swimmers will master shallow dive entries eggbeater kicks, and foot-first sculling. Surface dives will take them down to underwater swims. They'll refine their front crawl, back crawl and breaststroke over 50m.

Swimmer 6 – Ages 5-13

These Advanced swimmers will rise to the challenge of sophisticated aquatic skills like compact jump entries and egg beater kick for 2 minutes while changing directions. They'll develop strength and power in head-up front crawl or breaststroke over 25m. They'll easily swim 100m front crawl, back crawl and breaststroke and be challenged with the 4x25m sprints in interval training. The 200m endurance swim will become easy.

Rookie Patrol – Ages 8-12

This program features a timed 100m swim, 350m workouts and swims with clothes. A work-hard-play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility for Water Smart behaviour.

Ranger Patrol – Ages 8-15

Swimmers develop better strokes over 75m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with 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 – Ages 8-15

Swimmers are challenged with 600m workouts, 300m timed swims and a 25m 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 defence methods victim removals and rolling over and supporting a victim face up in shallow water.