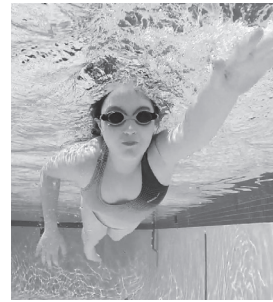


Swimmer

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