

# Lifesaving Society



**Parent & Tot Lessons** **\$82.20**  
for parents and children up to 3 years of age  
(30 minute programs)



**PARENT & TOT 1 (4 to 12 months)**  
Parent/guardian is required in the water with their child. With a caregiver, the child will explore the water through buoyancy, movement skills, introduction to PFD's and entries. Learn how to help your child play in the water with comfort and confidence.

**PARENT & TOT 2 (12 to 24 months)**  
Parent/guardian is required in the water with their child. With a caregiver, the child will perform assisted front and back floats, learn how to travel at the surface by kicking, and introduction to entries with a PFD. This level teaches children to get their face wet and blow bubbles.

**PARENT & TOT 3 (2 to 3 yrs)**  
Parent/guardian is required in the water with their child. With a caregiver the child will have fun jumping into the water with assistance. They learn to hold their breath and open their eyes under water. Kicking on front and back provide the building blocks for orientation and stroke development.  
Preschool Lessons



**Preschool Lessons** **\$82.20**  
for children 3-5 years  
(30 minute programs)



**PRESCHOOL A1**  
Parent/guardian to accompany child into the water for the first 4 lessons. Preschoolers develop a foundation of water skills with the Instructors. Swimmers jump into chest-deep water assisted. Floating on front and back, and glides with assistance for 3 seconds. Shallow water movement wearing a PFD. Fitness swim 1-2m assisted.

**PRESCHOOL A2**  
Preschoolers develop a foundation of water skills with the Instructors. Swimmers jump into chest-deep water assisted. Floating on front and back, and glides with assistance for 3 seconds. Shallow water movement wearing a PFD. Fitness swim 1-2m unassisted.

**PRESCHOOL B**  
Preschoolers jump into chest-deep water and get in and get out wearing a PFD. They submerge and exhale under water. They glide on front and back 3m and with a buoyant aid will flutter kick on back 5m. Fitness swim 2-4m unassisted.

**PRESCHOOL C**  
Preschoolers try both a jump and a side roll into deep water while wearing a PFD. They recover objects from the bottom in waist-deep water. They work on kicking and gliding through the water on front and back unassisted. Fitness swim 5-7m unassisted.

**PRESCHOOL D**  
Preschoolers learn independent jumps into deep water and exit. They open their eyes under water and recover objects from chest-deep water. Front crawl is introduced at this level and for 2-3m unassisted. Fitness swim is 7-9m unassisted.

**PRESCHOOL E**  
Preschoolers build on deep water skills by demonstrating a forward roll entry with a PFD. They develop endurance by holding their breath under water for up to 10 sec. Interval training and whip kick is introduced at this level. Fitness swim 10-12m.

# Swim for Life

## SWIM PROGRAM



### School Age Lessons

for children 6-13 years  
(45 & 60 minute programs)

**\$90.85**

45 MIN

**\$99.55**

60 MIN



#### SWIMMER 1 ◀ 45 MIN

Beginners become comfortable jumping into water with and without a personal flotation device. They open their eyes, exhale and hold their breath underwater. They work on floats, glides and kicking on front and back.

#### SWIMMER 2 ◀ 45 MIN

Advanced beginners jump into deeper water and become comfortable falling sideways into the water wearing a personal flotation device. Swimmers support themselves at the surface without an aid, recover an object in chest deep water. Fitness swim is 10-15m.

#### SWIMMER 3 ◀ 45 MIN

Swimmers develop front and back crawl strokes, and explore whip kick in a vertical position. Swimmers tread water for up to 30 sec and learn to transition from front to back flutter kick. Fitness swim is 20-25m.

#### SWIMMER 4 ◀ 45 MIN

Swimmers work towards stride dives and standing dives into deep water. They improve their front crawl, back crawl and whip kick. Swimmers are introduced to a 3m underwater swim. Fitness swim is 50m. (2 lengths of the pool.)

#### SWIMMER 5 ◀ 45 MIN

Junior swimmers shallow dive into deep water and perform in-water back somersaults. They achieve the Canadian Swim to Survive Standard: roll into deep water, tread 1 min and swim 50m. Swimmers continue to develop front and back crawl while breaststroke skills are introduced. Fitness swim is 100m.

#### SWIMMER 6 ◀ 45 MIN

Intermediate swimmers increase efficiency in front crawl, back crawl, and work to develop breaststroke skills. They are introduced to stride entries, scissor kick and vertical dolphin kick. They also develop strength and power by performing front and back crawl sprints. Fitness swim is 150m.

#### SWIMMER 7 ◀ 45 MIN

Intermediate swimmers master dolphin kick, diving off blocks and eggbeater. They are introduced to sculling and continue to maximize efficiency in front crawl, back crawl and breaststroke. Fitness swim is 300m.

#### SWIMMER 8 ◀ 60 MIN

Swimmers rise to the challenge of advanced aquatic skills including head and foot first surface dives and a 25m obstacle swim. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. They swim lengths of front crawl, back crawl and breaststroke. Fitness swim is 350m.

#### SWIMMER 9 ◀ 60 MIN

Swimmers continue stroke development with 75m swims of front crawl, back crawl and breaststroke. Lifesaving skills include a rescue with a buoyant aid and a timed object support. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Fitness swim is 500m.

#### SWIMMER 10 ◀ 60 MIN

Advanced Swimmers develop each stroke over 100m. They also learn lifesaving skills such as entries with aids, and removals of unconscious victims. First aid focuses on treatment of victims with bone and joint injuries, and respiratory emergencies. Swimming drills develop a strong lifesaving foundation. Fitness swim is 600m.