



NEW SWIM FOR LIFE STRUCTURE

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 & water.
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 as well as surface supports. Use a lifejacket to tread water and swim safely.
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 safely.
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 & fitness training are introduced.



Swimmer	Learn how to swim before you get in too deep. Swimmer levels challenge school-age 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 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 & endurance.
Swimmer 3	Dive & roll into deep water. Handstands & 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 & back crawl. Breaststroke drills, underwater swims & sprints are introduced. Interval training intensifies to add to fitness level.
Swimmer 5	Go the distance with strong front crawl, back crawl & breaststroke. Advance skills including eggbeater kick, head up front crawl & shallow dives are introduced.
Swimmer 6	Master eggbeater & scissor kicks, front crawl, back crawl & breaststroke. Interval training and sprint racing drills prepare swimmers for a 300m workout. Stride entries & 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.



Fitness Swimmer

For individuals who use swimming as part of their fitness plan. Improve your stroke under the guidance of your instructor & learn to create your own workout design using interval training as a key component.

Canadian Swim Patrol

Perfect fit for youths wanting to kick it up a notch & are ready to go beyond learn-to-swim. The Lifesaving Society's Canadian Swim Patrol program uses a work hard/play hard approach to develop swimming strength & efficiency with emphasis on personal responsibility for water smart behavior. Each level of the Canadian Swim Patrol program has three modules: Water proficiency, First Aid & Recognition & Rescue. Swim Patrollers choose what level to take based on their skill level & interest.

Rookie

Practices develop fitness levels to meet a timed 100m swim & 350m workout. Water proficiency skills include: swims with clothes, ready position, foot first & head first dives. Rescue breathing & initiating EMS are included as first aid skills. Victim recognition & throwing assists are other key elements of the program.

Ranger

Ranger Patrol enhances capability in the water including compact jumps from 1m heights, lifesaving eggbeater kick & increase fitness levels to meet a 200m timed swim. Rescue skills involve an increased skill level in ABA first aid basics, victim recognition & non-contact rescues.

Star

An excellent preparation for the Bronze Star award, Star Patrol demands good physical conditioning & lifesaving judgement for times 300m swims, 600m, workouts & 20m tow with towing aid. Whistle signals, airway & bleeding first aid priorities are taught.



Junior Lifeguard

The Junior Lifeguard Club (JLC) offers serious fun for kids 8 years & up who can swim at least 25m & tread water for 2 minutes. The Jr. Lifeguard Club provides an action packed challenge for kids who love the water but want more than “lessons”. The Jr. Lifeguard Club is for quick learners, those between levels or programs who thrive in an energetic learning environment.

BOAT Course

Boat Operator Accredited Training

BOAT is an exciting addition to the Lifesaving Society’s fleet of aquatic safety programs. BOAT adds a significant roll in our drive to eliminate fatalities & injury on Canadian waterways. Federal government requires all operators of motorized boats & personal water craft to obtain a Pleasure Craft Operator(PCO) card in accordance with the standards & guidelines established by Transport Canada.

Bronze Awards

Bronze Star

The Bronze Star award is the pre-Bronze training standard and it provides excellent preparation for success in obtaining the Bronze Medallion award. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and as partners. They learn cardiopulmonary resuscitation(CPR) & they develop water smart confidence & the lifesaving skills needed to be their own personal lifeguard(must be at least 12 years of age).

Bronze Medallion

The Bronze Medallion award teaches an understanding of the lifesaving principles, embodied in the four components of water rescue education: judgement, knowledge, skill & fitness. Rescuers learn tows & carries & defense & release methods in preparation for challenging rescues of increased risk, involving conscious & unconscious victims of various types. Participants also develop stroke efficiency & endurance in timed swims.(Prerequisite: Bronze Star or 13 years of age).



Bronze Cross

The Bronze Cross award is designed for lifesavers who want the challenge of more advanced training, including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs, including National Lifeguard Service(NLS) & Instructor certification(Prerequisite: Bronze Medallion).

National Lifeguard Service (NLS)

The National Lifeguard Service (NLS) award builds on the skills, knowledge & values that the Lifesaving Society teaches in its Pre-Bronze & Bronze Medal awards to develop the practical skills & knowledge required by lifeguards. Recognized as the standard measure of lifeguard performance in Canada, NLS education is designed to develop a sound understanding of lifeguarding principles, good judgement & a mature & responsible attitude toward the role of the lifeguard.

The primary role of the NLS lifeguard is the prevention of emergency situations and where this failed, the timely & effective resolution of emergencies. The NLS award is designed to prepare lifeguards to fulfill this role as professional facilitators of safe, enjoyable aquatics.

The NLS courses cannot, in theory or practice, prepare candidates for every situation that might occur while working in Canadian aquatic environments & facilities. NLS training is designed to teach the principles & develop the basic lifeguarding skills & decision-making processes that will help lifeguards evaluate & adapt to different aquatic facilities & emergencies.

(Prerequisite: 16 years old, Bronze Cross & current Standard First Aid Certification).

First Aid

First Aid Training enables you to deal with injuries & medical emergencies at home, work or play. The Lifesaving Society offers three levels of training: Basic First Aid, Emergency First Aid, and Standard First Aid. Also, the Lifesaving Society offers Automated External Defibrillation (AED) & Airway Management.



**CPR-Cardiopulmonary
Resuscitation**

Three levels of CPR training – A, B & C are designed to meet the needs of both the public & professional rescuers like lifeguards. Learn CPR skills & the signs, symptoms & care of choking, non-breathing & pulse less victims. CPR courses teach the risk factors associated with heart disease and how to prevent them or reduce their effects.

All Lifesaving Society CPR training is consistent with standards established by the Heart & Stroke Foundation of Canada.