

## Swim For Life Structure/Pre-requisites

<b>PARENT &amp; TOT</b>	<b>Ages 4 months – 3 years</b> For parents and children 4 months–3 years. This program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills.
<b>Parent &amp; Tot 1</b>	Ages 4 – 12 months
<b>Parent &amp; Tot 2</b>	Ages 12 – 24 months
<b>Parent &amp; Tot 3</b>	Ages 2-3 years
<b>PRESCHOOL</b>	<b>Ages 3-5 years</b>
<b>Preschool 1</b>	These 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 faces wet and blow bubbles underwater.
<b>Preschool 2</b>	These preschoolers learn to jump into chest-deep water by themselves and get in and out wearing a lifejacket. They'll submerge and exhale underwater. Wearing lifejacket, they'll glide on their front and back.
<b>Preschool 3</b>	These youngsters will try both jumping and a sideways entry into deep water while wearing a lifejacket. 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.
<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. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side.
<b>Preschool 5</b>	These youngsters get more adventuresome with a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims 5m, interval training and get a giggle out of whip kick.
<b>SWIMMER</b>	<b>Ages 5+ years</b> Levels Range on a continuum where previous level is expected to be fully completed before going on to the next.
<b>Swimmer 1</b>	These beginners will become comfortable jumping into water with and without a lifejacket. 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.
<b>Swimmer 2</b>	These advanced beginners will jump into deeper water and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, front & back crawl, and swim 10m on their front and back and be introduced to flutter kick interval training (4 x 5 m).
<b>Swimmer 3</b>	These junior swimmers will dive and do in-water somersaults and handstands. They'll work on 15m of front crawl, back crawl and 10m of whip kick. Flutter kick interval training increases to 4 x 15m.
<b>Swimmer 4</b>	These intermediate swimmers will swim 5m underwater and 25 m lengths of front & back crawl, whip kick, and breaststroke arms with breathing. Their new bag of tricks includes the completion of the Canadian Swim to Survive Standard. They'll cap it all off with a front crawl sprint over 25m and 4 x 25m front or back crawl interval training.
<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 50m swims of each, and breaststroke over 25m. Then they'll pick up the pace in 25m sprints and two interval training workouts: 4 x 50m front or back crawl; and 4 x 15m breaststroke.
<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. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complete a 300 m workout.

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<b>CANADIAN SWIM PATROL</b>	
Canadian Swim Patrol is the on-ramp to lifeguarding.	
<b>Rookie (Swimmer 7)</b>	Swimmers continue stroke development with 50m swims of front crawl, back crawl, and breaststroke. Lifesaving sport skills include 25m obstacle swim and 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350m workouts and 100m timed swims.
<b>Ranger (Swimmer 8)</b>	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 a 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.
<b>Star (Swimmer 9)</b>	Swimmers are challenged with swimming 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 defense methods, victim removals and rolling over and supporting a victim in shallow water.
<b>Youth Swimmer (Ages 12-16yrs)</b>	Youth Swimmer is a class offered for youth aged 12 to 16 years of age who have had little to no instructional swim experience. Participants will be able to learn at their own pace and set their own goals. Instructors will tailor the lessons to everyone's skill level.

<b>ADULT SWIMMER</b>	
Whether you are just starting out or just want help with your strokes our Adult Program is for the young at heart – no matter what your age. Set your own goals. Work with certified instructors to learn to swim or improve your current swimming ability and water fitness.	
<b>Adult Swimmer (Level 1)</b>	Swim Patrol experience is recommended. Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a 400m fitness training workout.
<b>Adult Swimmer (Level 2)</b>	Must be 13 years of age, OR Bronze Star certificate. Teaches an understanding of the lifesaving principles embodied in the 4 components of water-rescue education – judgement, knowledge, skill, and fitness. Rescuers learn tows and carries, defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 400m timed swim.
<b>Adult Swimmer (Level 3)</b>	MUST have completion of Bronze Medallion & Emergency First Aid. 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 and Instructor Certification. Included is a timed 400m swim. May be also used as an assistant Lifeguard certificate.

<b>LEADERSHIP COURSES</b>	
<b>BRONZE STAR</b>	Swim Patrol experience is recommended. Excellent preparation for success in Bronze Medallion. Participants develop problem-solving and decision-making skills individually and in partners. Candidates learn CPR and develop the lifesaving skills needed to be their own lifeguard. Includes a 400m fitness training workout.
<b>BRONZE MEDALLION &amp; EMERGENCY FIRST AID</b>	Must be 13 years of age, OR Bronze Star certificate. Teaches an understanding of the lifesaving principles embodied in the 4 components of water-rescue education – judgement, knowledge, skill, and fitness. Rescuers learn tows and carries, defense methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 400m timed swim.
<b>BRONZE CROSS (Assistant Lifeguard)</b>	MUST have completion of Bronze Medallion & Emergency First Aid. 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 and Instructor Certification. Included is a timed 400m swim. May be also used as an assistant Lifeguard certificate.
<b>NATIONAL LIFEGUARD</b>	Must be 15 years of age and completion of Bronze Cross. National Lifeguard is an exciting and rewarding job that carries great responsibility. Guards take this course and train hard for events they hope will never happen in which they work hard to prevent.