

# Lifesaving Society Swim For Life Program

**Note:** Participants must be 5 years of age or the completion of Preschool levels to move into the Swim for Life program. To move up in levels the swimmer must successfully complete the requirements of the previous level.



Program	Description
<b>Swimmer 1</b> 45 minutes 5 years and/or Completion of Preschool levels 1- 4	<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> 45 minutes Completion of Swimmer 1 or Preschool 5	<b>Swimmer 2:</b> These advanced beginners will jump into deeper water with assistance. They'll be able to support themselves at the surface without an aid 10 seconds, kick 7 m on their front and back, and side. Swim front and back crawl 5m. They will be introduced to flutter kick interval training (2 x 5 m).
<b>Swimmer 3</b> 45 minutes Completion of Swimmer 2	<b>Swimmer 3:</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, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).
<b>Swimmer 4</b> 45 minutes Completion of Swimmer 3	<b>Swimmer 4:</b> These junior swimmers will do in-water front somersaults and handstands. They'll work on 13 m of front crawl, back crawl and 5 m of whip kick. Flutter kick interval training increases to 2 x 15 m.
<b>Swimmer 5</b> 45 minutes Completion of Swimmer 4	<b>Swimmer 5:</b> These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m.
<b>Swimmer 6</b> 45 minutes Completion of Swimmer 5	<b>Swimmer 6:</b> These intermediate swimmers will swim 5 m underwater and 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 front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.
<b>Swimmer 7</b> 45 minutes Completion of Swimmer 6	<b>Swimmer 7:</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 50 m swims of each, and breaststroke over 25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 15 m breaststroke.
<b>Swimmer 8</b> 45 minutes Completion of Swimmer 7	<b>Swimmer 8:</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 complain about the 300m workout.
<b>Rookie Patrol</b> 1 Hour Completion of Swimmer 8	<b>Rookie Patrol:</b> Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.
<b>Ranger Patrol</b> 1 Hour Completion of Rookie Patrol	<b>Ranger Patrol:</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 Patrol</b> 1 Hour Completion of Ranger Patrol	<b>Star Patrol:</b> Swimmers are challenged with 600 m workouts, 300m timed swims and a 25 m 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.

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