

# Lifesaving Society Swim For Life Program



## Parent and Tot Program

Spend quality time with your child while you both have fun and learn and socialize.

Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions.

Because activities and progressions are based on child development, you register in the level appropriate for your child's age: 4–12 months, 12–24 months, or 2–3 years.

Program	Description
<b>Parent &amp; Tot 1</b> 30 minutes 4 – 12 months with parent	Parent & Tot 1: Designed for the 4 to 12-month-old to learn to enjoy the water with the parent. They will have the opportunity to experience buoyancy and movement through <b>repetitive</b> songs, activities and play in the water.
<b>Parent &amp; Tot 2</b> 30 minutes 12 to 24 months with parent	Parent & Tot 2: Designed for the 12 to 24-month-old to learn to enjoy the water with the parent. The participant and their parent/caregiver will have the opportunity to practice getting their face wet, parent-assisted skills such as front and back floats, movement in the water, and shallow water entries and exits through <b>repetitive</b> songs, activities and play in the water.
<b>Parent &amp; Tot 3</b> 30 minutes 2 – 3 years with parent	Parent & Tot 3: Designed for the 2 to 3-year-old to learn to enjoy the water with the parent. Toddlers and their parent/caregiver will have the opportunity to work on parent-assisted skills such as submersion, front and back floats, glides and kicks, jumping into the water through <b>repetitive</b> songs, activities and play in the water.

## Preschool Program

Give your child a head start on learning to swim. The Lifesaving Society Preschool Program develops an appreciation and healthy respect for the water before these kids get in too deep.

In our basic aquatic progressions we work to ensure 3 to 5-year olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

Program	Description
<b>Preschool 1</b> 30 minutes 3 - 5 years with parent	<b>Preschool 1:</b> In this transitional class we encourage the parent to participate until their child lets them know they can do it themselves (generally between lesson 3 and 5). 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> 30 minutes 3 – 5 years Completed Preschool 1	<b>Preschool 2:</b> These preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket they'll glide on their front and back.
<b>Preschool 3</b> 30 minutes 3 – 5 years Completed Preschool 2	<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> 30 minutes 3 – 5 years Completed Preschool 3	<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> 30 minutes 3 – 5 years Completed Preschool 4	<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 for 5 m, interval training and get a giggle out of whip kick.