

Parent & Tot Lessons

Ages 4 months - 3 years

Starfish —————> Parent & Tot 1: Jellyfish

- Recommended age: 4-12 months.
- Parent & Tot 1 provides an orientation to water for infants and their parent/caregiver. Parents/caregivers will learn how to swim safely with their infant in the pool through instruction of holds and supports. Infants will be introduced to getting their face wet, blowing bubbles and floating with the help of their caregiver.



Duck —————> Parent & Tot 2: Goldfish

- Recommended age: 12-24 months.
- Parent & Tot 2 teaches toddlers how to play in the water safely! They'll learn how to enter and exit the water with help from their parent/caregiver and will play games to encourage them to get their face wet and blow bubbles in the water. Toddlers will also develop floating and kicking skills with the support of their parent/caregiver.



Sea Turtle —————> Parent & Tot 3: Seahorse

- Recommended age: 2-3 years.
- Parent & Tot 3 teaches toddlers how to safely enter the water wearing a PFD. They'll develop underwater skills such as submersion and opening their eyes underwater. 'Starfish' floats, 'pencil' floats and kicking skills are taught using songs and games.



Preschool Lessons

Ages 3 - 5 years

Sea Otter —————> Preschool 1: Octopus

- Is 3 to 5 years and just starting out on his or her own



Salamander —————> Preschool 2: Crab

- Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet



Sunfish —————> Preschool 3: Orca

- Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec



Crocodile —————> Preschool 4: Sea Lion

- Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back



Whale —————> Preschool 5: Narwhal

- Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side



Youth Swimming Lessons

Ages 5+



Swim Kids 1 → **Swimmer 1**

If your child is 5 to 12 years and just starting out

Swim Kids 2 → **Swimmer 2**

Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back

Swim Kids 3 → **Swimmer 3**

Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back

Swim Kids 4 → **Swimmer 4**
Swim Kids 5

Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl

Swim Kids 6 → **Swimmer 5**

Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m

Swim Kids 7
Swim Kids 8 → **Swimmer 6**
Swim Kids 9

Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m

Swim Kids 8
Swim Kids 9 →
Swim Kids 10

1. **Rookie Patrol**
2. **Ranger Patrol**
3. **Star Patrol**



Swim for Life Courses

Training for skilled swimmers



Rookie Patrol

- Recommended: Completed Swimmer 6.
- Swimmers continue developing front crawl, back crawl and breaststroke. Swimmers develop individual fitness to meet a timed 100m swim and 350m workout. Water proficiency skills include swimming with clothes, ready position, and feet-first/head-first surface dives. Demonstrating the ability to conduct a primary assessment and calling EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.

Ranger Patrol

- Recommended: Completed Rookie Patrol.
- Ranger Patrol enhances capability in the water including stride entries and underwater, forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving stroke medley, timed object support and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness levels are developed to meet a 200m timed swim. First aid focuses on unconscious victims and obstructed airway procedures.

Star Patrol

- Recommended: Completed Ranger Patrol.
- Star Patrol challenges swimmers with a 300m timed swim, 600m workout and a 25m object carry. Strokes are continued to be refined. Lifesaving skills include use of rescue aids, defense methods, victim removals and supporting a victim in shallow water. First aid focuses on treatment of bone or joint injuries and respiratory emergencies. Once complete, swimmers register into Bronze Star.