

# Swim For life Program

## **Parent and Tot for parents and children four months and up to 3 years of age**

**Equivalent to Red Cross Level Starfish/Duck/Turtle and YMCA Splashers/Bubblers.**

This introductory level is designed for children aged 4 months to 3 years of age to learn to enjoy the water with their parent/caregiver.

Parent/caregiver is mandatory in the water. Infants must be able to hold their head up.

## **Preschool children up to 3 to 5 years of age**

### **Preschool 1**

**Equivalent to Red Cross Level SeaOtter and YMCA Bobbers and Floaters**

Students 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.

### **Preschool 2**

**Equivalent to Red Cross Level Salamander and Sunfish and YMCA Gliders and Divers**

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

### **Preschool 3**

**Equivalent to Red Cross Level Crocodile and YMCA Surfers**

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.

### **Preschool 4**

**Equivalent to Red Cross Level Whale and YMCA Jumpers**

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.

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## Preschool 5

### Equivalent to Red Cross Level Whale and Jumpers

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.

## Swimmer for children 6 years and older

### LSS Swimmer 1

#### Equivalent to Red Cross Level Swim Kids 1 and YMCA Otter

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

### LSS Swimmer 2

#### Equivalent to Red Cross Level Swim Kids 2 and YMCA Seal

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).

### LSS Swimmer 3

#### Equivalent to Red Cross Level Swim Kids 3 and YMCA Dolphin/Swimmer

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.

### LSS Swimmer 4

#### Equivalent to Red Cross Level Swim Kids 4/5 and YMCA Star 1

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.

### LSS Swimmer 5

#### Equivalent to Red Cross Level Swim Kids 6 and YMCA Star 2

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.

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## **LSS Swimmer 6**

**Equivalent to Red Cross Level Swim Kids 7 and YMCA Star 3**

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 300 m workout.

## **LSS Swimmer 7 (Rookie Patrol)**

**Equivalent to Red Cross Level Swim Kids 8 and YMCA Star 4**

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

## **LSS Swimmer 8 (Ranger Patrol)**

**Equivalent to Red Cross Level Swim Kids 9 and YMCA Star 5-7**

Swimmers develop better strokes over 75 m 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

## **LSS Swimmer 9 (Star Patrol)**

**Equivalent to Red Cross Level Swim Kids 10 and YMCA Star 5-7**

Swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m 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 face up in shallow water.