

## Life Saving Society Lesson Descriptions

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### **Swim for Life - Preschool 1**

Preschoolers will learn to enter and exit shallow water safely, put their faces in the water and blow bubbles. Becoming comfortable with floats and back glides, they will move safely in shallow water and wear lifejackets.

Recommended age 3 years to 5 years

5 classes \$55.00-Teacher to Swimmer Ratio 1-5

### **Swim for Life - Preschool 2**

Preschoolers will jump into chest deep water, learn to submerge, and exhale underwater. They will be introduced to lateral rollovers and practice front and back glides as well as flutter kicks wearing a lifejacket or other buoyant aid.

Prerequisite: Swim for Life- Preschool 1

Recommended age 3 years to 5 years

5 classes \$55.00-Teacher to Swimmer Ratio 1-5

### **Swim for Life - Preschool 3**

Preschoolers will perform a sideways entry into deep water wearing a lifejacket. They will retrieve objects from the bottom in waist deep water and master independent front and back floats, lateral rollovers, front and back glides and front and back flutter kicks. Prerequisite: Swim for Life - Preschool 2.

Recommended age 3 years to 5 years

5 classes \$55.00-Teacher to Swimmer Ratio 1-5

### **Swim for Life - Preschool 4**

Independent preschoolers will master short front crawls of 5m and be introduced to side glides and the side flutter kick. They will face new challenges like opening their eyes underwater, pendulum rollovers onto the back and treading water using the sculling action. Prerequisite: Swim for Life - Preschool 3.

Recommended age 3 years to 5 years

5 classes \$55.00-Teacher to Swimmer Ratio 1-5

### **Swim for Life - Preschool 5**

Preschoolers will support themselves in deep water for 10 seconds using the sculling action. Wearing a lifejacket, they will practice forward roll entries into deep water, whip kicks, back crawl, and interval training. Prerequisite: Swim for Life - Preschool 4.

Recommended age 3 years to 5 years

5 classes \$55.00-Teacher to Swimmer Ratio 1-5

### **Swim for Life - Swimmer 1**

This is the foundation for swimming skill development. Swimmers learn safe entries into various depths of water, treading water, breath control, opening eyes under the water, front and back floats, lateral rollovers, front, back and side glides, flutter kick on front and back, and front crawl.

Recommended age 6 years to 17 years

5 classes \$55.00-Teacher to Swimmer Ratio 1-6

## **Swim for Life - Swimmer 2**

Have fun with sideways entry into deep water wearing a lifejacket! Enjoy the challenge of interval training introduced at this level. Other swimming skills include flutter kick; back and side, whip kick in a vertical position and distance swims, front, and back crawl. Prerequisite: Swim for Life - Swimmer 1.

Recommended age 6 years to 17 years

5 classes \$55.00-Teacher to Swimmer Ratio 1-6

## **Swim for Life - Swimmer 3**

Swimmers will practice kneeling dives, forward rolls into deep water, handstands, and front somersaults in water. They will also work on front crawl, back crawl, whip kick on their back, and interval training. Prerequisite: Swim for Life - Swimmer 2.

Recommended age 6 years to 17 years

5 classes \$65.00-Teacher to Swimmer Ratio 1-6

## **Swim for Life - Swimmer 4**

New skills include standing dives into deep water, underwater swims of 5m include whip kicks on front and breaststroke arm drills. Swim to Survive standards include roll entry into deep water, treading water for one minute, swimming 50m, skills to survive a fall into deep water. Prerequisite: Swim for Life - Swimmer 3.

Recommended age 6 years to 17 years

5 classes \$65.00-Teacher to Swimmer Ratio 1-8

## **Swim for Life - Swimmer 5**

Shallow dives and tuck jumps (cannonball) are the new entries introduced at this level. Swimmers will master back somersaults in the water, stationary eggbeater kick, head up front crawl and breaststroke. Interval training and sprints for front and back crawl are the fitness components. Prerequisite: Swim for Life - Swimmer 4.

Recommended age 6 years to 17 years

5 classes \$65.00-Teacher to Swimmer Ratio 1-8

## **Swim for Life - Swimmer 6**

Swimmers learn deep water stride entry and compact jumps. They will tread water with legs only, use lifesaving eggbeater and scissor kicks, accomplish a 300m workout with front crawl, back crawl and/or breaststroke. Graduates are prepared for the Canadian Swim Patrol awards. Prerequisite: Swim for Life - Swimmer 5.

Recommended age 6 years to 17 years

5 classes \$65.00-Teacher to Swimmer Ratio 1-8

## **Swim for Life – Rookie Ranger Patrol**

Develops individual fitness levels to meet a timed 100m swim and 350m workout. Water proficiency skills include: swims with clothes, ready position, foot-first and head-first surface dives. Demonstrating an ability to conduct a primary assessment and initiating EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program. Also enhances capability in the water, including stride entry, underwater forward and backward somersaults, lifesaving eggbeater kick and increased fitness levels to meet a 200m timed swim. Rescue skills involve an increased skill level in first aid basics, victim recognition and non-contact rescues. Prerequisite: Swim for Life - Swimmer 6.

5 classes \$70.00-Teacher to Swimmer Ratio 1-8