



Swimming and Lifesaving Programs

Never too young to learn. Never too old to start!

Swim for Life®

Swim for Life® is a comprehensive swim instruction program that focuses on the acquisition and development of fundamental swim strokes and skills for learners of all ages and abilities. Learning Swim to Survive® skills and achieving the Lifesaving Society's Swim to Survive® standard are key foundations of the Swim for Life® program.

Swim for Life® is accessible, flexible, success-oriented and fun. Instructors ensure swimmers get lots of in-water practice in every lesson. Swim for Life® flows seamlessly into the Canadian Swim Patrol program and then into the Lifesaving Society's lifesaving and vocational training awards.

Water Smart® Education

As an integral part of the Swim for Life® program, Water Smart® education provides information and experiences that help participants make safe choices when in, on, and around water and ice. Water Smart® education is available to all, focuses on learning and does not include evaluation; participation is all that is required.

Swim for Life® Program Modules

There are 5 modules in the Swim for Life® program:

1. Parent and Tot for parents and children up to 3 years of age.
2. Preschool for children 3-5 years.
3. Swimmer for children 5 years or older.
4. Adult swimmer for people over 15 years.
5. Fitness swimmer for swimmers of any age who want to improve their overall physical fitness.

Swim for Life® is taught by a certified Lifesaving Society Swim for Life Instructor. The content is organized as follows:

1. Entries and exits
2. Swim to Survive® skills
3. Surface support
4. Movement/swimming skills
5. Underwater skills
6. Fitness
7. Water Smart® education

"The acquisition of basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada."

- Lifesaving Society Canada Swim to Survive position statement

Parent & Tot (3 levels)

The Parent & Tot program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. Activities to teach Water Smart® are incorporated into all levels.

Prerequisite(s): 4 months-3 years old

Preschool (5 levels)

The Preschool program gives children a head start on learning to swim. Preschool programs develop fundamental physical literacy skills for aquatic activities. In our Preschool program, we work to ensure 3-5 year olds become comfortable in the water and have fun, while developing a foundation of water skills.

Prerequisite(s): 3-5 years old

Swimmer (9 levels)

The Swimmer program makes sure children learn the fundamental physical literacy skills for aquatic activities. Progressions accommodate 5-12 year olds, including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Once completed, swimmers progress into the Canadian Swim Patrol.

Prerequisite(s): 5-12 years old

Adult Swimmer (3 levels)

The Adult Swimmer program is for beginners who may be just starting out, or swimmers who want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence

and smooth, recognizable strokes. Instructors are prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn in order to achieve their personal swimming goals.

Prerequisite(s): 15 years old

Fitness Swimmer

The Fitness Swimmer program is for swimmers of any age who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach to improve physical fitness based on accepted training principles and practices including interval training. Participants set their own goals.

Prerequisite(s): None

Swim for Life® Program Policies		
Module and Level	Suggested Class Length (min)	Suggested Class Size
Parent & Tot (1-3)	30 min	10-12 participants
Preschool (1-5)	30 min	4-6 participants
Swimmer (1-2)	30 min	6-8 participants
Swimmer (3-4)	45 min	8-10 participants
Swimmer (5-6)	45 min	10-12 participants
Swimmer 7/Rookie Swimmer 8/Rookie Swimmer 9/Rookie	45-60 min	12 participants
Adult (1-3)	45-60 min	10-12 participants
Fitness Swimmer	60 min	10-12 participants

Swim for Life® Program Policies					
	Parent & Tot	Preschool	Swimmer	Adult	Fitness
Program Equipment					
PFDs	Required				N/A
Toys	Required		N/A	N/A	N/A
Sinking Objects	Required				N/A
Buoyant Aids	N/A	Required			
Timing Device (pace clock)	N/A	N/A	Optional	Optional	Required
Recognition Materials					
Progress Report	Required				
Badges and Seals	Optional			N/A	N/A

Canadian Swim Patrol

The Canadian Swim Patrol is a 3-level pre-Bronze award progression that delivers “work hard/play hard” training for skilled swimmers 8-12 years old. Canadian Swim Patrol is designed to take young swimmers beyond the learn-to-swim program and provide them with basic lifesaving skills. Candidates earn recognition for success in content modules (stickers) and for overall award achievement (badges).

Swimmer 7/Rookie Patrol

Develops individual fitness levels to meet a timed 100m swim and 350m workout. Water proficiency skills include: swimming with clothes, ready position, foot-first and headfirst surface dives.

Demonstrating the 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

Prerequisite(s): Completed Swimmer 6 (recommended)

Swimmer 8/Ranger Patrol

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(s): Completed Swimmer 7/Rookie Patrol (recommended)

Swimmer 9/Star Patrol

An excellent preparation for the Bronze Star award, Star Patrol demands good physical conditioning and lifesaving judgment. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl, and breaststroke (100m each); and complete 600m workouts and for 300m timed swims.

Prerequisite(s): Completed Swimmer 8/Ranger Patrol (recommended)

Canadian Swim Patrol Program Policies			
	Rookie Patrol	Ranger Patrol	Star Patrol
Instructed by (current):	Swim for Life Instructor or Lifesaving Instructor		
Course Length (hours)	8-10 hours		
Candidate: Instructor Ratio	12:1 (maximum) 3:1 (minimum)		
Program Equipment			
Weight (lbs)	5lb	5lb	10lb
Obstacle (floating mat, hoop, lane rope, etc.)	Required	N/A	N/A
Buoyant Aid with a Line	Required	Required	Required
Variety of Buoyant Aids	N/A	Required	Required
Clothing	Required	N/A	N/A
Sinking Objects	N/A	Required	N/A
Blankets or Towels	Required	Required	Required
Timing Device	Required	Required	Required
Recognition Materials			
Progress Chart	Required		
Stickers and Badges	Required		

