Thanks for being in my class!

Next time you should register in:

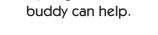
Instructor

Lifesaving Society Swim Program

- Parent & TotPreschool
- Swimmer
- Adult Swimmer
 Fitness Swimmer
- · · · · ·

The Lifesaving Society's Swim for Life® program makes sure your kids are Water Smart® before they get in too deep.

Be Water Smart – Always swim with a buddy. Swimming with a friend is safer and way more fun! If you get into trouble, your





The Lifesaving Society is a national registered charity working to prevent drowning and water-related injury. Over 1,000,000 Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs every year. We've been keeping heads above water in Canada for over 100 years.

www.lifesavingsociety.com experts@lifeguarding.com

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Progress Report

NAME

Date

SWIMMER 1

Entries and Exits

- O Enter and exit shallow water
- O Jump into chest-deep water
- O Jump into deep water wearing PFD

Surface Support

O Tread water 30 sec. wearing PFD

Underwater Skills

- O Hold breath underwater 5 sec.
- O Submerge and exhale under 5 times
- O Open eyes underwater

Movement / Swimming Skills

- O Float on front 5 sec.
- O Float on back 5 sec.
- O Roll laterally front to back and back to front
- O Glide on front 3 m
- O Glide on back 3 m
- O Glide on side 3 m
- O Flutter kick on front 5 m
- O Flutter kick on back 5 m
- O Front crawl 5 m wearing PFD

Water Smart[®] Education

- O Swim with a Buddy
- O Wear a Lifejacket
- O Check the Ice
- O Swim to Survive

SWIMMER 2

Entries and Exits

- O Jump into deep water, return and exit
- O Sideways entry wearing PFD

Surface Support

O Tread water 15 sec.

Underwater Skills

O Recover object from bottom in chest-deep water

Swim to Survive® Skills

O Wearing PFD, jump into deep water, tread 30 sec., and swim/kick 15 m

Movement / Swimming Skills

- O Flutter kick on front 10 m
- O Flutter kick on back 10 m
- O Flutter kick on side 10 m
- O Whip kick in vertical position 30 sec. with aid
- O Front crawl 10 m
- O Back crawl 10 m

Fitness

O Interval training: 4 x 5 m flutter kick with 20 sec. rests

Water Smart[®] Education

- O Swim with a Buddy
- O Wear a Lifejacket
- O Check the Ice
- O Swim to Survive

SWIMMER 3

Entries and Exits

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- O Kneeling dive into deep water
- O Forward roll entry into deep water

Surface Support

O Tread water 30 sec.

Underwater Skills

- O Handstand in shallow water
- O Front somersault (in water)

Swim to Survive[®] Skills

O $\,$ Jump into deep water, tread 30 sec., and swim/kick 25 m $\,$

Movement / Swimming Skills

- O Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m
- O Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m
- O Whip kick on back 10 m
- O Front crawl 15 m
- O Back crawl 15 m

Fitness

O Interval training: 4 x 15 m flutter kick with 20 sec. rests

Water Smart[®] Education

- O Swim with a Buddy
- O Wear a Lifejacket
- O Check the Ice
- O Swim to Survive

SWIMMER 4

Entries and Exits

O Standing dive into deep water

Surface Support

O Tread water 1 min.

Underwater Skills

O Swim underwater 5 m

Swim to Survive[®] Skills

O Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m

Movement / Swimming Skills

- O Whip kick on front 15 m
- O Breaststroke arms drill 15 m
- O Front crawl 25 m
- O Back crawl 25 m

Fitness

- O Interval training: 4 x 25 m front or back crawl with 20 sec. rests
- O Sprint front crawl 25 m

Water Smart® Education

- O Swim with a Buddy
- O Wear a Lifejacket
- O Check the Ice
- O Swim to Survive

SWIMMER 5

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Entries and Exits

Surface Support

Underwater Skills

Swim to Survive[®] Skills

O Breaststroke 25 m

O Front crawl 50 m

O Back crawl 50 m

30 sec. rests

Fitness

O Shallow dive into deep water

O Back somersault (in water)

Movement / Swimming Skills

O Head-up front crawl 10 m

O Sprint front crawl 25 m

O Sprint back crawl 25 m

Water Smart[®] Education

O Swim with a Buddy

O Wear a Lifeiacket

O Check the Ice

O Swim to Survive

SWIMMER 6

O Stride entry into deep water

Movement / Swimming Skills

O Scissor kick 15 m

O Breaststroke 50 m

O Front crawl 100 m

O Back crawl 100 m

O Workout (300 m)

Water Smart[®] Education

O Swim with a Buddy

O Wear a Lifejacket

O Check the Ice

O Swim to Survive

Fitness

O Head up swim 25 m

O Sprint breaststroke 25 m

O Eggbeater kick on back 15 m

O Compact jump into deep water

O Legs-only surface support 45 sec.

O Swim underwater 10 m to recover object

O Interval training: 4 x 25 m breaststroke with 30 sec. rests

Entries and Exits

Surface Support

Underwater Skills

O Stationary eggbeater kick 30 sec.

O Tuck jump (cannonball) into deep water

O Jump entry into deep water, and tread 2 min.

O Roll entry into deep water, tread 90 sec. and swim 75 m

O Interval training: 4 x 50 m front or back crawl with

O Interval training: 4 x 15 m breaststroke with 30 sec. rests