

# Swimmer

## At-a-glance

The Lifesaving Society Swimmer program makes sure children learn how to swim before they get in too deep. Progressions accommodate 5 to 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. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Swimmer levels.



Swimmer 1	Swimmer 2	Swimmer 3
<b>Entries and Exits</b>		
<ol style="list-style-type: none"> <li>1. Enter and exit shallow water</li> <li>2. Jump into chest-deep water</li> <li>3. Jump into deep water wearing PFD</li> </ol>	<ol style="list-style-type: none"> <li>1. Jump into deep water, return and exit</li> <li>2. Sideways entry wearing PFD</li> </ol>	<ol style="list-style-type: none"> <li>1. Kneeling dive into deep water</li> <li>2. Forward roll entry into deep water</li> </ol>
<b>Surface Support</b>		
<ol style="list-style-type: none"> <li>4. Tread water 30 sec. wearing PFD</li> </ol>	<ol style="list-style-type: none"> <li>3. Tread water 15 sec.</li> </ol>	<ol style="list-style-type: none"> <li>3. Tread water 30 sec.</li> </ol>
<b>Underwater Skills</b>		
<ol style="list-style-type: none"> <li>5. Hold breath underwater 5 sec.</li> <li>6. Submerge and exhale 5 times</li> <li>7. Open eyes underwater</li> </ol>	<ol style="list-style-type: none"> <li>4. Recover object from bottom in chest-deep water</li> </ol>	<ol style="list-style-type: none"> <li>4. Handstand in shallow water</li> <li>5. Front somersault (in water)</li> </ol>
<b>Swim to Survive® Skills</b>		
	<ol style="list-style-type: none"> <li>5. Wearing PFD, jump into deep water, tread 30 sec. and swim / kick 15 m</li> </ol>	<ol style="list-style-type: none"> <li>6. Jump into deep water, tread 30 sec. and swim / kick 25 m</li> </ol>
<b>Movement / Swimming Skills</b>		
<ol style="list-style-type: none"> <li>8. Float on front and back 5 sec. each</li> <li>9. Roll laterally front to back and back to front</li> <li>10. Glide on front, back and side 3 m each</li> <li>11. Flutter kick on front and back 5 m each</li> <li>12. Front crawl 5 m wearing PFD</li> </ol>	<ol style="list-style-type: none"> <li>6. Flutter kick on front, back and side 10 m each</li> <li>7. Whip kick in vertical position 30 sec. with aid</li> <li>8. Front crawl and back crawl 10 m each</li> </ol>	<ol style="list-style-type: none"> <li>7. Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m</li> <li>8. Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m</li> <li>9. Whip kick on back 10 m</li> <li>10. Front crawl and back crawl 15 m each</li> </ol>
<b>Fitness</b>		
	<ol style="list-style-type: none"> <li>9. Interval training: 4 x 5 m flutter kick with 20 sec. rests</li> </ol>	<ol style="list-style-type: none"> <li>11. Interval training: 4 x 15 m flutter kick with 20 sec. rests</li> </ol>
<b>Water Smart® Education</b>		
<ol style="list-style-type: none"> <li>13. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive</li> </ol>	<ol style="list-style-type: none"> <li>10. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive</li> </ol>	<ol style="list-style-type: none"> <li>12. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive</li> </ol>

Swimmer 4	Swimmer 5	Swimmer 6
<b>Entries and Exits</b>		
1. Standing dive into deep water	1. Shallow dive into deep water 2. Tuck jump (cannonball) into deep water	1. Stride entry into deep water 2. Compact jump into deep water
<b>Surface Support</b>		
2. Tread water 1 min.	3. Jump entry into deep water, and tread 2 min. 4. Stationary eggbeater kick 30 sec.	3. Legs-only surface support 45 sec.
<b>Underwater Skills</b>		
3. Swim underwater 5 m	5. Back somersault (in water)	4. Swim underwater 10 m to recover object
<b>Swim to Survive® Skills</b>		
4. Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m	6. Roll entry into deep water, tread 90 sec. and swim 75 m	
<b>Movement / Swimming Skills</b>		
5. Whip kick on front 15 m 6. Breaststroke arms drill 15 m 7. Front crawl and back crawl 25 m each	7. Breaststroke 25 m 8. Front crawl and back crawl 50 m each 9. Head-up front crawl 10 m	5. Eggbeater kick on back 15 m 6. Scissor kick 15 m 7. Breaststroke 50 m 8. Front crawl and back crawl 100 m each 9. Head-up swim 25 m
<b>Fitness</b>		
8. Interval training: 4 x 25 m front or back crawl with 20 sec. rests 9. Sprint front crawl 25 m	10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests 11. Interval training: 4 x 15 m breaststroke with 30 sec. rests 12. Sprint front crawl and back crawl 25 m each	10. Interval training: 4 x 25 m breaststroke with 30 sec. rests 11. Sprint breaststroke 25 m 12. Workout 300 m: 50 m warm-up (choice of strokes) 4 x 25 m front crawl with 15 sec. rests 4 x 25 m back crawl with 15 sec. rests 50 m cool-down (choice of strokes)
<b>Water Smart® Education</b>		
10. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive	13. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive	13. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive