



AT A GLANCE (JANUARY 2023)

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

Lifesaving Society Canadian Swim to Survive® Position Statement

BACKGROUND

- The Lifesaving Society introduced its swim program in response to Affiliate requests for a low-cost and flexible learn-to-swim continuum that focused on basic swimming skills and strokes and that led seamlessly into the Canadian Swim Patrol program.

Today, the Society’s Swim for Life program has grown into a major, national program that teaches hundreds of thousands of Canadians how swim every year.

- The latest program update (2015) reflects the experience of Affiliates and their instructors who deliver lessons to Swim for Life swimmers of all ages. Our thanks to all who provided input to make the swim program even better.

FEATURES & BENEFITS

- ***Never too young to learn. Never too old to start:*** Swim for Life® is a complete learn-to-swim program from Parent & Tot through to Leadership. Easy to program and easy to explain, Swim for Life leads seamlessly into the Society’s lifesaving training awards.
- ***Focus on learning to swim:*** Program content is stroke and skill driven: entries and exits; surface support; underwater skills; Swim to Survive® skills; movement / swimming skills; fitness, and Water Smart® education. A fun program with achievable content is enjoyable for both participants and instructors.

- ❑ **Easy administration:** One fee; no stats; staff and volunteer support during implementation and running of the swim program. One-stop shopping for affiliates, instructors, candidates, and parents.
- ❑ **Flexible delivery:** Choose Swim for Life® modules based on your affiliate needs. Choose candidate recognition pieces (e.g., certificates, badges, seals) that are most appropriate for your clientele.
- ❑ **Customization:** We'll add your logo to candidate certificates and progress reports.
- ❑ **Sponsorship opportunity:** If you secure local sponsorship for Swim for Life, you can put sponsor logos or credits on progress reports and candidate recognition certificates.
- ❑ **Strong leadership training:** Streamlined process for training to reduce barriers in employment. The *Swim for Life Award Guide*, *Teaching Swim for Life*, core plans, lesson plans and other resources enable instructors to teach effectively on the deck and ensure consistency in standards. Instructors recertify through our professional development credit card system.
- ❑ **Water Smart® education:** Not only is Water Smart® education imbedded in the skills of the Swim for Life® program, but we provide Water Smart education materials electronically so you can deliver drowning prevention messages in a variety of formats. This means you can reach the whole family, and deliver appropriate information when it's most relevant according to the time of the year and candidate experiences.

SWIM FOR LIFE PROGRAM MODULES

- ❑ There are five modules in the Lifesaving Society Swim for Life® program:
 - PARENT & TOT 1, 2, 3** for parents and children up to 3 years
 - PRESCHOOL 1, 2, 3, 4, 5** for children 3–5 years
 - SWIMMER 1, 2, 3, 4, 5, 6** for children 5 years and older
 - ADULT SWIMMER 1, 2, 3** for people over 15 years
 - FITNESS SWIMMER** for swimmers of any age who want to improve their overall physical fitness

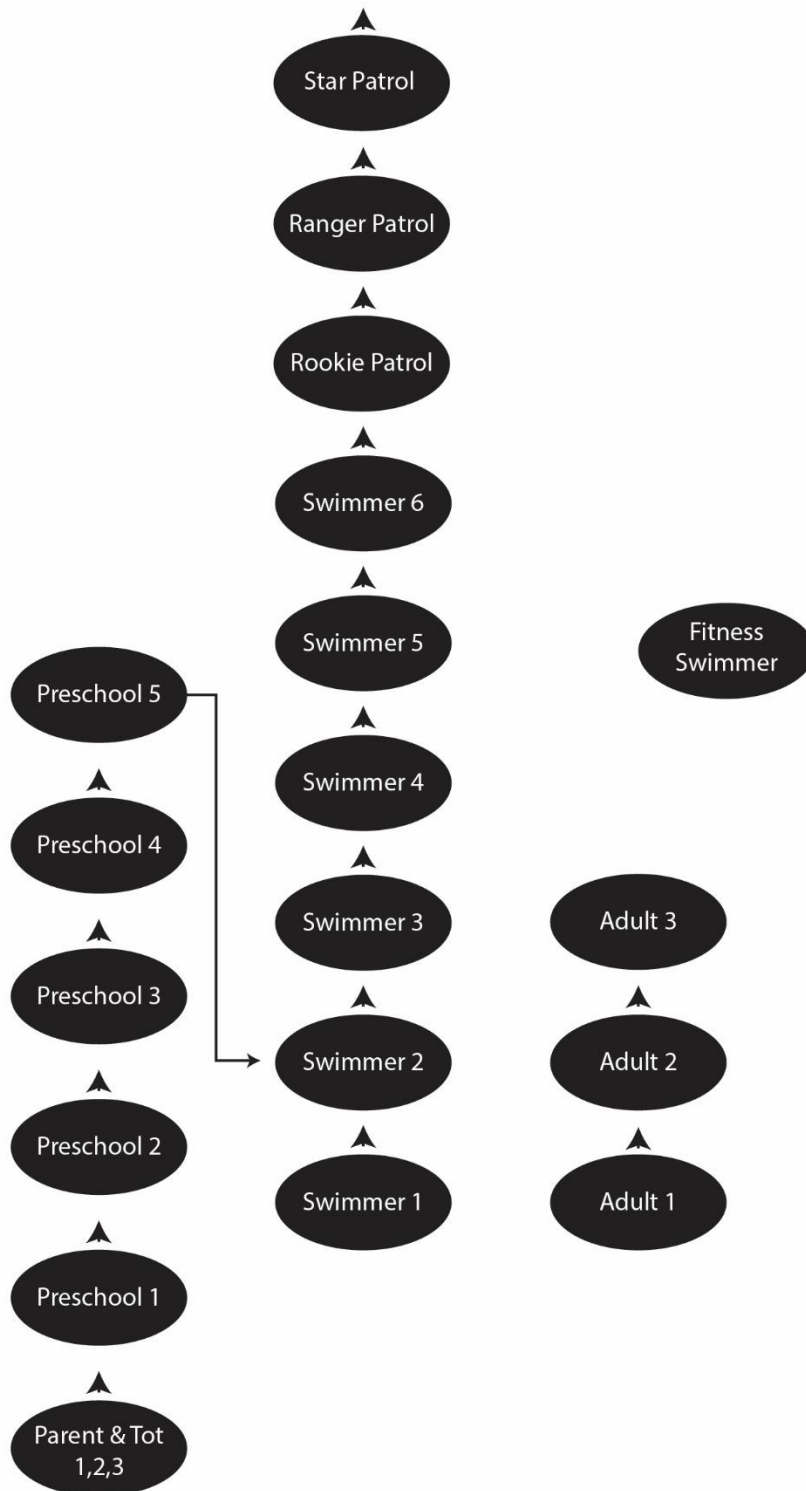
We've designed the modules so they flow together seamlessly. You can program them independently – or as you can see in the Programming Flow Chart on the following page – program them all so they flow logically into each other and on into the basic lifesaving awards: Rookie, Ranger and Star Patrol.

Preschoolers move from Preschool to Swimmer based on age – traditionally around 5–6 years. Preschoolers who have completed Preschool 1 or 2, would move to Swimmer 1; if they have completed Preschool 3, 4, or 5, they would move into Swimmer 2.

- Content is organized as follows:
 - Entries and exits
 - Surface support
 - Underwater skills
 - Swim to Survive® skills
 - Movement / Swimming skills
 - Fitness
 - Water Smart® education
- Mandatory equipment for the Swim for Life program includes lifejackets of all sizes. Other learn-to-swim equipment such as kickboards, pull buoys and toys will expand the scope for effective and entertaining training.

PROGRAMMING

Swim for Life Flow Chart



Suggestions for class length and size: The following will guide programmers, who may adapt these suggestions to meet the needs of their participants. Factors to consider when deciding length of program and class size include: pool spacing, pool depth, use of volunteers or assistant instructors, Ontario Regulation 565, number of classes per session. We recommend 8 classes.

Module and Level	Suggested Class Length	Suggested Class Size (per instructor)
Parent & Tot 1	30 min.	10–12
Parent & Tot 2	30 min.	10–12
Parent & Tot 3	30 min.	10–12

Preschool 1	30 min.	4–6
Preschool 2	30 min.	4–6
Preschool 3	30 min.	4–6
Preschool 4	30 min.	4–6
Preschool 5	30 min.	4–6

Swimmer 1	30 min.	6–8
Swimmer 2	30 min.	6–8
Swimmer 3	45 min.	8–10
Swimmer 4	45 min.	8–10
Swimmer 5	45 min.	10–12
Swimmer 6	45 min.	10–12
Rookie / Swimmer 7	60 min.	10–12
Ranger / Swimmer 8	60 min.	10–12
Star / Swimmer 9	60 min.	10–12

Fitness Swimmer	60 min.	10–12
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Adult 1	45 min.	10–12
Adult 2	45 min.	10–12
Adult 3	45 min.	10–12

LEADERSHIP

ASSISTANT INSTRUCTOR

- Through classroom learning and in-water practice, the optional Lifesaving Society Assistant Instructor Course prepares candidates to help certified instructors with swimming and lifesaving classes. Candidates are introduced to key principles of learning and teaching, and they master basic progressions. The roles and responsibilities of instructors and their assistants are emphasized.

Prerequisites: 14 years of age by the end of the course and Bronze Cross (or higher) certification.

Instruction and certification: Current Swim Instructor Trainer or Lifesaving Instructor Trainer teach and certify candidates.

Candidate recognition: Certification card.

Required references: Assistant Instructor candidates require the *Canadian Lifesaving Manual* for on-course reference. Our optional *Assistant Instructor Workbook* is recommended.

Instructional time: Actual time needed may vary depending on course format, number of candidates and the learning activities selected. A one-weekend format or weekly formats are common. Breaks require additional time. Based on 12-16 candidates:

Assistant Instructor Course	Classroom	Water
Total Time (18 hr.)	9 hr.	9 hr.

Recertification: Assistant Instructor certification need not be recertified.

Fees: The Lifesaving Society exam fee applies to successful and unsuccessful candidates alike.

SWIM INSTRUCTOR

- The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate basic swim strokes and related skills. Candidates acquire proven teaching methods, a variety of stroke development drills and correction techniques. Current Swim Instructors teach and certify candidates in all levels of the Swim for Life® program.

Prerequisites: 15 years of age by the end of the Swim Instructor Course, and Bronze Cross (or higher) certification

Instruction and certification: Current Swim Instructor Trainers teach and certify candidates.

Candidate recognition: Certification card.

Required references: Swim Instructor Pack: includes *Instructor Manual*, *Swim for Life Award Guide*, *Teaching Swim for Life* and binder. Candidates should bring their *Canadian Lifesaving Manual* for on-course reference.

Instructional time: Affiliates may choose to deliver this in a variety of formats (e.g., course, tutorial, self-study). Frequently, Swim Instructor is offered as a stand-alone course or combined with the Lifesaving Instructor course. Actual time needed may vary depending on course format, number of candidates and the learning activities selected. Breaks require additional time. Based on 12–16 candidates:

Swim Instructor Course	Classroom	Water
Total Time (20hr.)	8.5 hr.	11.5 hr.

Combined Swim and Lifesaving Instructor Course	Classroom	Water
Total Time (40 hr.)	17.5 hr.	22.5 hr.

Recertification: Swim Instructors remain current for 24 months from the date of certification. Only *current* Swim Instructors may teach and certify Swim for Life candidates. Swim Instructors recertify through the Society’s professional development credit system.

Fees: The Lifesaving Society exam fee applies to successful and unsuccessful candidates alike.

SWIM INSTRUCTOR TRAINER

- Follows the Lifesaving Society leadership model for Instructor Trainers. Successfully complete the Trainer Course, successfully apprentice with an experienced Swim Instructor Trainer on at least one Swim Instructor course. After completion of apprenticeship and with a positive recommendation from a Swim Instructor Trainer, candidates submit their completed Trainer Training Record and fee to the Society’s office.

SWIM INSTRUCTOR UPDATE CLINIC

- The Swim Instructor Update Clinic teaches instructors of other agencies’ learn-to-swim programs how to deliver the Society’s Swim for Life program. Clinics are usually organized with the Affiliate prior to launch of the Swim for Life program. However, the Clinic can be offered to convert staff at a later time.

Prerequisite: Minimum 15 years of age, Bronze Cross, YMCA Swim Instructor or I Can Swim Teacher.

Who can teach this: Current Swim Instructor Trainers.

Candidate certification: At the conclusion of the clinic, participants complete the Lifesaving Society “Credit Form,” which they forward with the appropriate fee to the Society’s office. The Society issues a Swim Instructor certification card.

Required references: *Swim for Life Award Guide, Teaching Swim for Life.*

Instructional time: The Swim Instructor Update Clinic may be customized to reflect the needs and priorities of the Affiliate. Actual time needed may vary depending on clinic format, number of candidates and the learning activities selected. Breaks require additional time. Based on 12–16 candidates:

Swim Instructor Update Clinic	Classroom	Water
Total Time (3.5 – 5 hr.)	2 – 3 hr.	1.5 – 2 hr.

Recertification: None.

Fees: There is no Lifesaving Society fee for this clinic.

TRANSITION TEAMWORK

- Once you've decided to implement the Lifesaving Society Swim for Life Program, our team of experts will be delighted to help you make the transition as easy as possible. We'll help you with a step-by-step plan that covers:
 - Programming options
 - Staff update clinics
 - Transition time lining
 - Support materials for instructors, administrators and parents
- When you're ready to move, contact:
Sindy Parsons – Program Manager
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LICENSED AFFILIATES

- With no per-participant charges, Affiliate Members save substantially with the Lifesaving Society Swim for Life[®] program. Our single annual licensing fee covers unlimited numbers of participants, and provides:
 - Seamless swim program.
 - Electronic worksheets, progress reports, and candidate recognition certificates. Print as you need.
 - Electronic Swim for Life[®] blurbs for affiliate brochures.
 - Electronic Water Smart[®] drowning prevention learning resources updated regularly.
 - Lifesaving Society office and volunteer support before, during and after implementation of the Swim for Life[®] program in your organization.
- **License fees:** The Lifesaving Society is happy to discuss which option is the most economical for its Affiliate Members.
- **Loyalty Rewards Program:** We also offer a loyalty rewards

program for Affiliate Members. The Society will issue a credit note valued at 10% of eligible annual purchases from the Lifesaving Society to Affiliate members who:

- Sign a Swim for Life license for a minimum of 5 years and
- Exclusively offer the Lifesaving Society’s Swim for Life, Swim Patrol, Bronze medal awards, National Lifeguard, First Aid and related leadership programs.

Affiliates need not offer all Society training programs, but must not offer any competing programs within their aquatic department.

Affiliates may apply the credit note against the purchase of all Lifesaving Society programs, products and services including LifeguardDepot.com merchandise. There is no cash surrender value.

Affiliates interested in enrolling in the loyalty rewards program should contact the Lifesaving Society office.

Note: The pricing below is subject to change.

Municipal:

Select one of the options below (per population)

Under 10,000 population	\$606
Under 50,000 population	\$910
Under 100,000 population	\$1,212
Under 150,000 population	\$2,122
Under 200,000 population	\$3,000
Under 300, 000 population	\$6,000
Under 400,000 population	\$9,000
Under 500,000 population	\$12,000
Under 1,000,000 population	\$24,000
Over 1,000,000 population	\$36,000

Non-municipal

- **Option A – Year-round indoor facility**
Private organization (offering programs to the general public): \$1,403 per facility
- **Option B – Seasonal – Summer-only facility** (e.g., camps, waterfronts, backyard pools): \$150 per facility
- **Option C – Seasonal – Summer-only student** (backyard pools, must be under 25 years of age as of January 1): \$75

- Swim Program Licensed Affiliates who wish to do so may purchase cloth badges and/or seals as optional candidate recognition items as follows:

Module	Badges	Seals (Stickers)
Parent & Tot	none	yes
Preschool	yes	yes
Swimmer	yes	yes

SWIM PROGRAM
AD-BLURBS FOR
AFFILIATE BROCHURES

Overview Copy

You can spot Water Smart® kids right away. They're the ones who know how to swim and behave safely around water. The Lifesaving Society's Swim for Life® program makes sure your kids are Water Smart® before they get in too deep.

You're never too young to start, and never too old to learn. Swim for Life® offers different strokes for different folks – of all ages and abilities.

Quick-Art 1

Never too young to learn.

Never too old to start.

Quick-Art 2

SWIM FOR LIFE
PARENT AND TOT ~ PRESCHOOL ~ SWIMMER
Never too young to learn.

Quick-Art 3

SWIM FOR LIFE
ADULT ~ 1 ~ 2 ~ 3
Never too old to start.

SWIM FOR LIFE

Parent & Tot Program *Overview Copy*

Spend quality time with your child while you both have fun and learn and socialize.

Through structured in-water interaction between parent and child, we stress the importance of play in developing water-positive attitudes and skills. We provide Lifesaving Society Water Smart® tips on keeping your child safe in any aquatic setting. Certified instructors provide guidance and answers to your questions.

Because activities and progressions are based on child development, you register in the level appropriate for your child's age: 4–12 months, 12–24 months, or 2–3 years.

Levels Copy

Parent & Tot 1: Designed for the 4 to 12-month-old to learn to enjoy the water with the parent.

Parent & Tot 2: Designed for the 12 to 24-month-old to learn to enjoy the water with the parent.

Parent & Tot 3: Designed for the 2 to 3-year-old to learn to enjoy the water with the parent.

Preschool Program *Overview Copy*

Give your child a head start on learning to swim. The Lifesaving Society Preschool program develops an appreciation and healthy respect for the water before these kids get in too deep.

In our basic aquatic progressions we work to ensure 3 to 5-year olds become comfortable in the water and have fun acquiring and developing a foundation of water skills. We incorporate Lifesaving Society Water Smart® education in all Preschool levels.

Levels copy

Preschool 1: We encourage the parent to participate until their child lets them know they can do it themselves (thank you very much). These preschoolers will have fun learning to get in and out of the water. We'll help them jump into chest deep water. They'll floats and glide on their front and back, and learn to get their face wet and blow bubbles underwater.

Preschool 2: 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. While wearing a lifejacket they'll glide on their front and back.

Preschool 3: 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: 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 (5 m) swim on their front wearing a lifejacket and gliding and kicking on their side.

Preschool 5: 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 Program [Overview Copy](#)

The Lifesaving Society's 6-level Swimmer program makes sure your children learn how to swim before they get in too deep.

Swimmer progressions accommodate children 5 years and older including absolute beginners as well as swimmers who want to build on the basics.

We stress lots of in-water practice to develop solid swimming strokes and skills. We incorporate Lifesaving Society Water Smart® education in all Swimmer levels.

[Levels Copy](#)

Swimmer 1: 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.

Swimmer 2: 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).

Swimmer 3: These junior swimmers will dive, 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.

Swimmer 4: 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.

Swimmer 5: 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.

Swimmer 6: 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.

Swim Patrol *Overview Copy*

The Lifesaving Society's 3-level Canadian Swim Patrol program provides enriched training for those who want to develop swim strokes and skills while having fun in the challenging world of lifesaving. Swim Patrol develops swimming strength and efficiency with emphasis on Water Smart® behaviour. Skill drills enhance capability in the water, good physical conditioning and lifesaving judgment.

Levels Copy

Rookie Patrol: 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.

Ranger Patrol: 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.

Star Patrol: 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 defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

Adult Program Overview Copy

Whether you're just starting out or just want help with your strokes, our Adult program is for the young at heart – no matter what your age. Set your own goals. Work with certified instructors to learn to swim, or improve your current swimming ability and water fitness.

You won't be going to the Olympics, but you'll develop water confidence and smooth recognizable strokes good enough for lane swimming and fit enough for the beach. We incorporate Lifesaving Society Water Smart® education in all Adult levels.

Levels Copy

Adult 1: You'll work towards a 10–15 m swim on your front and back. You'll do jump entries from the side and recover an object from the bottom in chest-deep water. Improve your fitness and your flutter kick with 4 x 9–12 m interval training.

Adult 2: Kick it up a notch working on two interval training

workouts of 4 x 25 m kicking and front or back crawl. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 10–15 m. You'll be supporting yourself at the surface for 1–2 minutes, and showing off your handstands in shallow water.

Adult 3: No sweat (or at least none anyone can see). You'll learn eggbeater, stride entries and compact jumps. You'll be doing a 300 m workout and sprinting 25–50 m. You'll master your front crawl, back crawl and breaststroke. Whew!

Fitness Swimmer *Overview Copy*

No matter what your age, Fitness Swimmer lets you set your own goals to improve overall physical fitness. Fitness Swimmer is a structured approach based on accepted training principles and practices including interval training, sprints and distance swims.



LIFESAVING SOCIETY®
The Lifeguarding Experts

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The Lifesaving Society is a national volunteer organization and registered charity (#10809 7270 RR001).

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