Swim to Survive®
The Lifeguarding Experts

Swim to Survive® provides a safe space for children to learn how to swim. It is designed to help children understand the importance of water safety and to develop a strong foundation in swimming skills. The program is suitable for children of all ages and abilities and is taught by experienced lifeguards.

The Swim to Survive® program is divided into three levels:

1. **Swim to Survive® Bronze Level**: This level focuses on teaching children basic swimming techniques, such as treading water,浮游, and gliding. Children will also learn how to throw a ball and swim using a floatation device.
2. **Swim to Survive® Silver Level**: This level builds on the skills learned in the Bronze level and introduces children to more advanced swimming techniques, such as swimming with a kickboard and using a rescue tube. Children will also learn how to throw a ball and swim using a floatation device.
3. **Swim to Survive® Gold Level**: This level is designed for children who are comfortable swimming with a floatation device and are ready to learn new skills, such as swimming with a kickboard and using a rescue tube. Children will also learn how to throw a ball and swim using a floatation device.

Swim to Survive® is an internationally recognized program that is taught by experienced lifeguards. The program is designed to be fun and engaging, and it is a great way for children to develop their swimming skills and confidence in the water.

To find out more about Swim to Survive®, please visit our website at www.lifesavingsociety.com or contact us at 416-490-2844. We look forward to seeing you soon.

Sincerely,

Sindy Parsons
Senior Lifeguarding Specialist
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