Thanks

for being in my class!

Next time you should register in:

Instructor

Date

Lifesaving Society Swim Program

- Parent & Tot
- Preschool
- Swimmer
- Adult Swimmer
- Fitness Swimmer

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

The Society works to prevent drowning and water-related injury through its training programs, Water Smart® education, safety management services, drowning research and lifesaving sport. Annually, over 1,000,000 Canadians participate in the Lifesaving Society's swimming, lifesaving, lifeguard and leadership training programs. The Society certifies all of Canada's National Lifeguards.

The Society is a national, charitable organization educating Canadians since the first Lifesaving Society Bronze Medallion was earned in 1896.

LIFESAVING SOCIETY
The Lifeguarding Experts

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SWIM FOR LIFE®
LIFESAVING SOCIETY

FITNESS SWIMMER

Progress Report

NAME

FITNESS SWIMMER

- ○ Pace clocks and timers
- ○ Stretches for swimmers
- ○ Kicking interval training
- ○ Swimming interval training
- ○ Workout 300 m
- ○ Workout design
- ○ Distance swim
- ○ Sprint swim

My Goals

My Accomplishments