

Thanks

for being in my class!

Lined area for writing a thank-you message.

Next time you should register in:

Fields for Instructor and 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
F O R L I F E
LIFESAVING SOCIETY



Progress Report

NAME

PARENT & TOT 1



Entries and Exits

- Enter and exit the water safely with tot

Underwater Skills

- Readiness for submersion

Movement / Swimming Skills

- Hold tot on front, eye contact
- Hold tot on back, head and back support
- Front float (face out) – assisted
- Back float (assisted)
- Float wearing PFD (assisted)
- Arms: splashing, reaching, paddling on front and back
- Legs: tickling, splashing, kicking on front and back

Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket
- Swim to Survive

PARENT & TOT 2



Entries and Exits

- Entry from sitting position (assisted)
- Exit the water (assisted)

Underwater Skills

- Blow bubbles on and in water
- Face wet and in water
- Attempt to recover object below surface

Swim to Survive® Skills

- Entry from sitting position wearing PFD and return (assisted)

Movement / Swimming Skills

- Front float (face in) – assisted
- Back float (assisted)
- Kicking on front (assisted)
- Kicking on back (assisted)
- Surface passes with continuous contact

Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket
- Swim to Survive

PARENT & TOT 3



Entries and Exits

- Jump entry (assisted)
- Entry and submerge from sitting position (assisted)
- Exit the water (unassisted)

Underwater Skills

- Hold breath underwater (assisted)
- Attempt to open eyes underwater
- Attempt to recover object from bottom

Swim to Survive® Skills

- Standing jump entry, return to edge (assisted)
- Jump entry and float wearing PFD (assisted)

Movement / Swimming Skills

- Front “starfish” float (assisted)
- Back “starfish” float (assisted)
- Front “pencil” float (assisted)
- Back “pencil” float (assisted)
- Kicking on front (assisted)
- Kicking on back (assisted)
- Underwater passes

Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket
- Swim to Survive

Be Water Smart – Stay within arms' reach.

Children under 5 years are at high risk around water. Never leave them alone even for “just a moment”. Stay tub-side until the water drains or your child is out of the tub.