

Thanks

for being in my class!

Next time you should register in:

Instructor

Date

Lifesaving Society Swim Program

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



PRESCHOOL

Progress Report

NAME

PRESCHOOL 1



Entries and Exits

- Enter and exit shallow water (assisted)
- Jump into chest-deep water (assisted)

Underwater Skills

- Face in water
- Blow bubbles in water

Movement / Swimming Skills

- Float on front (3 sec.) assisted
- Float on back (3 sec.) assisted
- Safe movement in shallow water wearing PFD
- Glide on front (3 m) assisted
- Glide on back (3 m) assisted

Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

PRESCHOOL 2



Entries and Exits

- Enter and exit shallow water wearing PFD
- Jump into chest-deep water

Underwater Skills

- Submerge
- Submerge and exhale 3 times

Movement / Swimming Skills

- Float on front 3 sec. wearing PFD or with buoyant aid
- Float on back 3 sec. wearing PFD or with buoyant aid
- Roll laterally front to back and back to front, wearing PFD
- Glide on front 3 m wearing PFD or with buoyant aid
- Glide on back 3 m wearing PFD or with buoyant aid
- Flutter kick on back with buoyant aid 5 m

Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

PRESCHOOL 3



Entries and Exits

- Jump into deep water wearing PFD, return and exit
- Sideways entry wearing PFD

Underwater Skills

- Hold breath underwater 3 sec.
- Submerge and exhale 5 times
- Recover object from bottom in waist-deep water

Swim to Survive® Skills

- Back float; roll to front; swim 3 m

Movement / Swimming Skills

- Float on front 5 sec.
- Float on back 5 sec.
- Roll laterally front to back and back to front
- Glide on front 3 m
- Glide on back 3 m
- Flutter kick on back 5 m
- Flutter kick on front 5 m

Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

PRESCHOOL 4



Entries and Exits

- Jump into deep water, return and exit
- Sideways entry

Surface Support

- Tread water 10 sec. wearing a PFD

Underwater Skills

- Open eyes underwater
- Recover object from bottom in chest-deep water

Swim to Survive® Skills

- Wearing a PFD, sideways entry into deep water; tread 15 sec.; swim/kick 5 m
- Front float; roll to back; swim 5 m

Movement / Swimming Skills

- Glide on side 3 m
- Flutter kick on front 7 m
- Flutter kick on back 7 m
- Flutter kick on side 5 m
- Front crawl 5 m wearing PFD

Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

PRESCHOOL 5



Entries and Exits

- Forward roll entry wearing PFD

Surface Support

- Tread water 10 sec.

Underwater Skills

- Submerge and hold breath 5 sec.
- Recover object from bottom in chest-deep water

Swim to Survive® Skills

- Wearing PFD, sideways entry into deep water; tread 20 sec.; swim/kick 10 m

Movement / Swimming Skills

- Whip kick in vertical position (20 sec.) with a PFD or buoyant aid
- Front crawl 5 m
- Back crawl 5 m

Fitness

- Interval training: 4 x 5 m flutter kick on back with 30 sec. rests

Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

Be Water Smart – Stay within arms' reach.

Be vigilant! Children under 5 are at high risk around water. Stay within arms' reach whenever they are near or in the water.