



Strathmore Aquatic Centre - Swimming Lessons

Lifesaving Society's Swim for Life Program



Swimmer 1-6

Recommended Ages: 5+

Swimmer 1	Swimmer 2	Swimmer 3	Swimmer 4	Swimmer 5	Swimmer 6
<ol style="list-style-type: none"> 1. Enter and exit shallow water 2. Jump into chest deep water 3. Wearing a lifejacket: jump into deep water 4. Wearing a lifejacket: tread water (30 sec.) 5. Hold breath under water (5 sec.) 6. Submerge and exhale (5 times) 7. Open eyes under water 8. Float on front and back (5 sec. each) 9. Roll laterally front-to-back and back-to-front 10. Glide on front, back, and side (3 m each) 11. Flutter kick on front and back (5 m each) 12. Wearing a lifejacket: front crawl (5 m) 13. Water Smart® messages 	<ol style="list-style-type: none"> 1. Jump into deep water, return and exit 2. Wearing a lifejacket: sideways entry 3. Tread water (15 sec.) 4. Recover an object from the bottom in chest-deep water 5. Wearing a lifejacket: jump into chest-deep water; tread 30 sec.; swim/kick (15 m) 6. Flutter kick on front, back, and side (10 m) 7. Whip kick in vertical position (30 sec.) with an aid 8. Front crawl and back crawl (10 m each) 9. Interval training: 4 x 5 m flutter kick with 20 sec. rests 10. Water Smart® messages 	<ol style="list-style-type: none"> 1. Kneeling dive into deep water 2. Forward roll entry into deep water 3. Tread water (30 sec.) 4. Handstand in shallow water 5. Front somersault (in water) 6. Jump into deep water; tread 30 sec.; swim/kick 25 m 6. Flutter kick on back 5m; reverse direction and flutter kick on front 5 m 7. Flutter kick on front 5m; reverse direction and flutter kick on back 5 m 7. Whip kick on back 10m 8. Front crawl and back crawl (15 m each) 9. Interval training: 4 x 15 m flutter kick with 20 sec. rests 10. Water Smart® messages 	<ol style="list-style-type: none"> 1. Standing dive into deep water 2. Tread water 1 min 3. swim underwater 5m 4. Canadian Swim to Survive® standard: roll entry into deep water; tread 1 min.; and swim 50 m 6. Whip kick on front 15m 7. Breaststroke arms drill 15m 8. Front crawl and back crawl (25 m each) 9. Interval training: 4 x 25 m front or back crawl with 20 sec. rests 10. Sprint front crawl 25m 11. Water Smart® messages 	<ol style="list-style-type: none"> 1. Shallow dive into deep water 2. Tuck jump (cannonball) into deep water 3. Jump entry into deep water and tread 2 min 4. Stationary eggbeater 30 sec. 5. Back somersault (in water) 6. Roll entry into deep water; tread 90 sec.; swim 75 m 7. Breaststroke 25 m 8. Front and back crawl (50 m each) 9. Head-up front crawl (10m) 10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests 11. Interval training: 4 x 15 m breaststroke with 30 sec. rests 12. Sprint front and back crawl (25m each). 13. Water Smart® messages 	<ol style="list-style-type: none"> 1. Stride entry into deep water 2. Compact jump into deep water 3. Legs-only surface support (45 sec.) 4. Swim underwater 10m to recover an object 5. Eggbeater kick on back 15 m 6. Scissor kick 15 m 7. Breaststroke 50 m 8. Front and back crawl (100 m each) 9. Head-up swim 25 m 10. Interval training: 4 x 25 m breaststroke with 30 sec. rests 11. Sprint breaststroke 25 m 12. Workout 300 m 13. Water Smart® messages
PASSED Swimmer 1 → Register in Swimmer 2	PASSED Swimmer 2 → Register in Swimmer 3	PASSED Swimmer 3 → Register in Swimmer 4	PASSED Swimmer 4 → Register in Swimmer 5	PASSED Swimmer 5 → Register in Swimmer 6	PASSED Swimmer 6 → Register in Rookie Patrol