





Strathmore Aquatic Centre - Swimming Lessons
Lifesaving Society's Swim for Life Program

Parent and Tot 1-3

Ages: 4 months – 3 years



Parent and Tot 1 (4 – 12 months)	Parent and Tot 2 (1 – 2 years)	Parent and Tot 3 (2 – 3 years)
<ol style="list-style-type: none"> 1. Enter and exit shallow water safely with child 2. Readiness for submersion 3. Hold child on front, eye contact 4. Hold child on back, head and back support 5. Front float (face out) – assisted 6. Back float – assisted 7. Float wearing a lifejacket – assisted 8. Arms: splashing, reaching, paddling, on front and back 9. Legs: tickling, splashing, kicking on front and back 10. Water Smart® messages 	<ol style="list-style-type: none"> 1. Entry from sitting positions – assisted 2. Exit the water – assisted 3. Blow bubbles on and in the water 4. Face wet and in the water 5. Attempt to recover object below surface 6. Entry from sitting position wearing a lifejacket and return – assisted 7. Front float (face in) – assisted 8. Back float – assisted 9. Kicking on front – assisted 10. Kicking on back – assisted 11. Surface passes with continuous contact 12. Water Smart® messages 	<ol style="list-style-type: none"> 1. Jump entry – assisted 2. Entry and submerge from sitting position – assisted 3. Exit the water – unassisted 4. Hold breath underwater – assisted 5. Attempt to open eyes underwater 6. Attempt to recover object from bottom 7. Standing jump entry, return to edge – assisted 8. Jump entry and float wearing a lifejacket – assisted 9. Front “starfish” float – assisted 10. Back “starfish” float - assisted 11. Front “pencil” float - assisted 12. Back “pencil” float – assisted 13. Kicking on front – assisted 14. Kicking on back – assisted 15. Underwater passes 16. Water Smart® messages 