

SCHOOL AGE (SWIMMER) | Recommended age: 5 to 12 years

The Lifesaving Society's Swimmer program makes sure your children learn how to swim before they get in too deep. Each level challenges school-aged children to develop safe entries, deep water support, underwater skills, and swimming strokes. Kids learn healthy habits by getting and staying fit in the water. Swimmer levels include fun, hands-on activities that focus on teaching water safety – lessons that will last a lifetime!

| FROM RED CROSS SWIM KIDS | TO SWIM FOR LIFE - SWIMMER | AGE |
|--------------------------|--|---|
| Swim Kids 1 | Swimmer 1 – if Swim Kids 1 incomplete Swimmer 2 – if Swim Kids 1 complete | 6 - 12 YEARS SWIMMER 1 - 6 |
| Swim Kids 2 | Swimmer 2 – if Swim Kids 2 incomplete Swimmer 3 – if Swim Kids 2 complete | |
| Swim Kids 3 | Swimmer 3 – if Swim Kids 3 incomplete or complete | |
| Swim Kids 4 | Swimmer 4 – if Swim Kids 4 incomplete or complete | |
| Swim Kids 5 | Swimmer 4 – if Swim Kids 5 incomplete Swimmer 5 – if Swim Kids 5 complete | |
| Swim Kids 6 | Swimmer 5 – if Swim Kids 6 incomplete Swimmer 6 – if Swim Kids 6 complete | |
| Swim Kids 7 | Swimmer 6 – if Swim Kids 7 incomplete Swimmer 7 (Rookie Patrol) – if Swim Kids 7 complete | 8 - 12 YEARS SWIMMER 7 - 9 (PATROL PROGRAMS) |
| Swim Kids 8 | Swimmer 7 (Rookie Patrol) – if Swim Kids 8 incomplete Swimmer 8 (Ranger Patrol) – if Swim Kids 8 complete | |
| Swim Kids 9 | Swimmer 8 (Ranger Patrol) – if Swim Kids 9 incomplete Swimmer 9 (Star Patrol) – if Swim Kids 9 complete | |
| Swim Kids 10 | Swimmer 9 (Star Patrol) – if Swim Kids 10 incomplete Go through Patrol programs or Bronze programs | |

Swimmer 1 Recommended age: 5 - 12 years

These beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale and hold their breath underwater. Floats, glides and kicking skills are introduced.

Swimmer 2 Recommended: Completed Swimmer 1 or Preschool 5

These swimmers will jump into deeper water and learn to be comfortable falling sideways into the water wearing a PFD. They'll learn how to tread water, develop kicking skills, and will be introduced to front crawl and back crawl.

Swimmer 3 Recommended: Completed Swimmer 2

These swimmers will learn how to dive and will do in-water somersaults and handstands to develop weight-transfer skills. They'll learn Swim to Survive® skills, whip kick on back and will further develop their front crawl and back crawl.

Swimmer 4 Recommended: Completed Swimmer 3

These swimmers will become better at diving, treading water, and swimming underwater. They'll learn the Swim to Survive® standard and start to develop breaststroke. Front crawl and back crawl are further developed.

Swimmer 5 Recommended: Completed Swimmer 4

These swimmers will master dives and swimming in deep water. They'll further their Swim to Survive® skills and start to develop eggbeater kick. Breaststroke, front crawl, and back crawl are further developed. Interval training and sprinting drills continue to challenge these swimmers.

Swimmer 6 Recommended: Completed Swimmer 5

These swimmers will become proficient at deep water skills including stride entries and compact jumps. They'll develop lifesaving kicks such as eggbeater and scissor kick. Breaststroke, front crawl, and back crawl are further developed. Head-up swims, interval training and a 300m workout develop strength and endurance.

Swimmer 7 - Rookie Patrol Recommended: Completed Swimmer 6

Swimmers continue developing front crawl, back crawl and breaststroke. Swimmers develop individual fitness to meet a timed 100m swim and 350m workout. Water proficiency skills include swimming with clothes, ready position, and feet-first/head-first surface dives. Demonstrating the ability to conduct a primary assessment and calling EMS are included as first aid skills. Victim recognition and throwing assists are other key elements of the program.

Swimmer 8 - Ranger Patrol Recommended: Completed Swimmer 7 - Rookie Patrol.

Ranger Patrol enhances capability in the water including stride entries and underwater, forward and backward somersaults. Swimmers learn lifesaving sport skills with a lifesaving stroke medley, timed object support and a non-contact rescue with a buoyant aid. Eggbeater kick and increased fitness levels are developed to meet a 200m timed swim. First aid focuses on unconscious victims and obstructed airway procedures.

Swimmer 9 - Star Patrol Recommended: Completed Swimmer 8 - Ranger Patrol

Star Patrol challenges swimmers with a 300m timed swim, 600m workout and a 25m object carry. Strokes are continued to be refined. Lifesaving skills include use of rescue aids, defense methods, victim removals and supporting a victim in shallow water. First aid focuses on treatment of bone or joint injuries and respiratory emergencies. Once complete, swimmers register into Bronze Star.



Winter registration is now open. Winter Lessons for January – March, 2023 are now available online. Visit westvancouverrec.ca/aquatics





MAKING THE SWITCH

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Life Saving Society, Swim for Life: How it works

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MAKING THE SWITCH




Life Saving Society, Swim for Life: How it works

This handout has been developed to help you understand how the Lifesaving Society programs compare to Canadian Red Cross programs, as the District of West Vancouver moves away from Canadian Red Cross swim and lifeguard programs in 2023. The following charts demonstrates which programs swimmers will move into, based on their current or previous Red Cross programs.

Please contact the Aquatic Program Coordinator Emily Jones at ejones@westvancouver.ca if you have any questions.

PARENT AND TOT | Recommended age: 4 months to 3 years

The Lifesaving Society Parent & Tot lessons structure in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development allowing parents to register in the level appropriate for their child's age: 4-12 months, 12-24 months, or 2-3 years.

| FROM WEST VANCOUVER SWIM PRESCHOOL | TO SWIM FOR LIFE - PRESCHOOL LEARN TO SWIM | AGE |
|------------------------------------|--|---------------|
| Parent & Tots 1 |  Jellyfish (Parent & Tot 1) | 4 - 12 MONTHS |
| Parent & Tots 2 |  Goldfish (Parent & Tot 2) | 4 - 12 MONTHS |
| Parent & Ducks |  Seahorse (Parent & Tot 3) | 2 - 3 YEARS |



Parent & Tot 1 - Jellyfish

Recommended age: 4 - 12 months

Parent & Tot 1 provides an orientation to water for infants and their parent/caregiver. Parents/caregivers will learn how to swim safely with their infant in the pool through instruction of holds and supports. Infants will be introduced to getting their face wet, blowing bubbles and floating with the help of their caregiver.



Parent & Tot 2 - Goldfish

Recommended age: 12 - 24 months

Parent & Tot 2 teaches toddlers how to play in the water safely! They'll learn how to enter and exit the water with help from their parent/caregiver and will play games to encourage them to get their face wet and blow bubbles in the water. Toddlers will also develop floating and kicking skills with the support of their parent/caregiver.



Parent & Tot 3 - Seahorse

Recommended age: 2 - 3 years

Parent & Tot 3 teaches toddlers how to safely enter the water wearing a PFD. They'll develop underwater skills such as submersion and opening their eyes underwater. 'Starfish' floats, 'pencil' floats and kicking skills are taught using songs and games.

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
Visit westvancouverrec.ca/aquatics or scan the code.





PRESCHOOL | Recommended age: 3 to 5 years

Give your child a head start on learning to swim! The Lifesaving Society Preschool lessons develop an appreciation and healthy respect for the water before they get in too deep. With a progression-based approach, instructors work to ensure 3-5 year olds become comfortable in the water and have fun while developing a foundation of water skills. Water Smart education is included in all Preschool levels. Preschoolers enter Swimmer 1 once they turn five or six years old and can enter Swimmer 2 once they've completed Preschool 5.

| FROM WEST VANCOUVER SWIM PRESCHOOL | TO SWIM FOR LIFE - PRESCHOOL LEARN TO SWIM | AGE |
|------------------------------------|--|-------------|
| Ducks / Jellyfish |  Seahorse (Unparented Tot 3) | 2 - 3 YEARS |
| Minnows |  Octopus (Preschool 1) - if Minnows incomplete  Crab (Preschool 2) - if Minnows complete | 3 - 5 YEARS |
| Guppies |  Crab (Preschool 2) - if Guppies incomplete  Orca (Preschool 3) - if Guppies complete | |
| Seahorses |  Orca (Preschool 3) - if Seahorses incomplete  Sea Lion (Preschool 4) - if Seahorses complete | |
| Seals |  Octopus (Preschool 1) - if Seals incomplete  Crab (Preschool 2) - if Seals complete | |
| Dolphins |  Orca (Preschool 3) - if Dolphins incomplete  Sea Lion (Preschool 4) - if Dolphins complete | |
| Killerwhales & Sharks |  Sea Lion (Preschool 4) - if Killerwhales/Sharks incomplete  Narwhal (Preschool 5) - if Killerwhales/Sharks complete | |
| Ogopogo & Barracudas |  Narwhal (Preschool 5) - if Ogopogo/Barracudas incomplete  Swimmer Level 1 or 2 (if 6 years old) | |



Unparented Tot 3 - Seahorse

Parent & Tot 3 teaches toddlers how to safely enter the water wearing a PFD. They'll develop underwater skills such as submersion and opening their eyes underwater. 'Starfish' floats, 'pencil' floats and kicking skills are taught using songs and games.



Preschool 1 - Octopus

Recommended age: 3-5 years

Preschool 1 is a transitional level which transfers the preschooler to the care of the instructor. Preschoolers will have fun learning to get in and out of the water. They'll learn how to put their face in the water, blow bubbles in the water, and how to float and glide.



Preschool 2 - Crab

Recommended: Completed Preschool 1

Preschool 2 teaches preschoolers how to safely jump into chest-deep water and how to swim wearing a PFD. They'll learn submersion skills and continue to work on floats, glides, and kicking with buoyant objects.



Preschool 3 - Orca

Recommended: Completed Preschool 2

Preschool 3 teaches preschoolers how to enter deep water safely wearing a PFD. They'll learn how to submerge and exhale underwater, retrieve objects underwater, and will continue developing their floating, gliding and kicking skills.



Preschool 4 - Sea Lion

Recommended: Completed Preschool 3

Preschool 4 teaches deep-water entries and treading water wearing a PFD. Preschoolers will become skilled at retrieving objects from the bottom of the pool in chest-deep water and performing front and side glide. Front crawl wearing a PFD is also introduced.



Preschool 5 - Narwhal

Recommended: Completed Preschool 4

Preschool 5 teaches Swim to Survive® skills wearing a PFD. Front crawl and back crawl are introduced as well as interval fitness training. Preschoolers will also learn how to tread water and perform vertical whip kick with a buoyant aid. Once complete, preschoolers can register into Swimmer 2.



Swimmer 1

Beginners will become comfortable jumping into the water with and without a PFD. They'll learn how to open their eyes, exhale and hold their breath underwater. Floats, glides and kicking skills will be introduced.



Swimmer 2

Swimmers will become more comfortable with deep water by jumping and falling in sideways while wearing a PFD. Learn how to tread water, develop kicking skills as well as an introduction to the front and back crawl.