



## Group Swim Lesson Pricing & Level Description

### Pricing & Lesson Lengths

#### Preschool Lessons (Ages 4-6)

		Price		
Level	Lesson Length	8 Lessons Set	9 Lesson Set	10 Lesson Set
Octopus	30 min	\$96	\$108	\$120
Crab				
Orca				
Sea Lion				
Narwhal				

#### School-Aged (Ages 6-12)

		Price		
Level	Lesson Length	8 Lessons Set	9 Lesson Set	10 Lesson Set
Swimmer 1	30 min	\$96	\$108	\$120
Swimmer 2				
Swimmer 3				
Swimmer 4	45 min	\$144	\$162	\$180
Swimmer 5				
Swimmer 6				
Swim Patrol - Rookie	60 min	\$192	\$216	\$240
Swim Patrol - Ranger				
Swim Patrol - Star				

### Locations

Thetis Lake and West Shawnigan Lake Provincial Park

Ability/Level Descriptions are listed below

# Preschool At-a-glance

The Swim for Life Preschool Program gives children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers. Water Smart® education is part of every Preschool level.

## Preschool 1 - Octopus

1. Enter & exit shallow water - assisted
2. Jump into chest-deep water - assisted
3. Face in water
4. Blow bubbles in water
5. Float on front & back (3 sec. each) - assisted
6. Safe movement in shallow water - wearing PFD
7. Glide on back wearing (3 m. each) - assisted
8. Water Smart Messages

## Preschool 2 - Crab

1. Enter & exit shallow water wearing PFD
2. Jump into chest-deep water
3. Submerge
4. Submerge & exhale (3 times)
5. Float on front & back (3sec. each) wearing PFD or with buoyant aid
6. Roll laterally front to back & back to front, wearing PFD
7. Glide on front & back wearing PFD (3 m each) wearing PFD or with buoyant aid
8. Flutter kick on back with buoyant aid (5m)
9. Water Smart Messages

## Preschool 3 - Orca

1. Jump into deep water wearing PFD, return & exit
2. Sideways entry wearing PFD
3. Hold breath under water (3 sec.)
4. Submerge & exhale (5 times)
5. Recover object from bottom in waist-deep water
6. Back float; roll to front; swim 3 m
7. Float on front & back (5 sec. each)
8. Roll laterally front to back & back to front
9. Glide on front & back (3 m each)
10. Flutter kick on back (5 m)
11. Flutter kick on front (3 m)
12. Water Smart Messages

## Preschool 4 - Sea Lion

1. Jump into deep water, return & exit
2. Sideways entry
3. Tread water 10 sec. wearing PFD
4. Open eyes under water
5. Recover object from bottom in chest-deep water
6. Wearing a PFD, sideways entry into deep water; tread (15 sec.); swim/kick (5 m)
7. Front float; roll to back; swim 5 m
8. Glide on side (3 m)
9. Flutter kick: on front (7 m); on back (7 m); on side (5 m)
10. Front crawl (5 m) wearing PFD
11. Water Smart Messages

## Preschool 5 - Narwhal

1. Forward roll entry wearing PFD
2. Tread water (10 sec.)
3. Submerge & hold breath (5 sec.)
4. Recover object from bottom in chest-deep water
5. Wearing PFD, sideways entry into deep water; tread (20 sec.); swim/kick (10 m)
6. Whip kick in vertical position (20 sec.) with PFD or buoyant aid
7. Front crawl (5m)
8. Back crawl (5 m)
9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests
10. Water Smart Messages

## You can spot people who are Water Smart® right away!

They're the ones who know how to swim and behave safely in, on and around water. Swim for Life includes fun, hands on teaching activities that focus on teaching water safety for the whole family. Lessons that will last a lifetime!

## Next Steps:

**Swimmer 1** - for children turning five or six

**Swimmer 2** - if the child has completed Preschool 5

# Swimmer At-a-glance

Swim for Life Swimmer levels make sure your child learns how to swim before they get in too deep. Each level challenges school aged children 5 years and older to develop safe entries, deep water support, underwater skills, and swimming strokes. Kids learn everlasting healthy habits by getting and staying fit. Swimmer levels include fun, hands on teaching activities that focus on teaching water safety — lessons that will last a lifetime!

## Swimmer 1

1. Enter & exit shallow water
2. Jump into chest-deep water
3. Jump into deep water wearing PFD
4. Tread water (30 sec.) wearing PFD
5. Hold breath under water (5 sec.)
6. Submerge and exhale (5 times)
7. Open eyes under water
8. Float on front & back (5 sec. each)
9. Roll laterally front to back & back to front
10. Glide on front, back & side (3 m each)
11. Flutter kick on front & back (5 m each)
12. Front Crawl (5 m ) wearing PFD
13. Water Smart Messages

## Swimmer 2

1. Jump into deep water, return & exit
2. Sideways entry wearing PFD
3. Tread water (15 sec.)
4. Recover object from bottom in chest-deep water
5. Wearing PFD jump into deep water, tread 30 sec. & swim / kick (15 m)
6. Flutter kick on front, back & side (10 m each)
7. Whip kick in vertical position (30 sec.) with aid
8. Front crawl & back crawl (10 m each)
9. Interval training: 4 x 5 m flutter kick with 20 sec. rests
10. Water Smart Messages

## Swimmer 3

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)
7. Flutter kick on back (5 m); reverse direction and flutter kick on front (5 m)
8. Flutter kick on front (5 m); reverse direction and flutter kick on back (5 m)
9. Whip kick on back (10 m)
10. Front crawl & back crawl (15 m each)
11. Interval training: 4 x 15 m flutter kick with 20 sec. rests
12. Water Smart messages

## Swimmer 4

1. Standing dive into deep water
2. Tread water (1 min.)
3. Swim underwater (5 m)
4. Canadian Swim-to-Survive®  
Standard: Roll entry into deep water, tread 1 min. and swim 50 m
5. Whip kick on front (15 m)
6. Breaststroke arms drill (15 m)
7. Front crawl & back crawl (25 m each)
8. Interval training: 4 x 25 m front or back crawl with 20 sec. rests
9. Sprint front crawl (25 m)
10. Water Smart Messages

## Swimmer 5

1. Shallow dive into deep water
2. Tuck jump (cannonball) into deep water
3. Jump entry into deep water & tread 2 min.
4. Stationary eggbeater kick (30 sec.)
5. Back somersault (in water)
6. Roll entry into deep water, tread 90 sec. and swim 75 m
7. Breaststroke (25 m)
8. Front crawl & back crawl (50 m each)
9. Head-up front crawl (10 m)
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 crawl & back crawl (25 m each)
13. Water Smart Messages

## Swimmer 6

1. Stride entry into deep water
2. Compact jump into deep water
3. Legs-only surface support 45 sec.
4. Swim underwater (10 m) to recover object
5. Eggbeater kick on back (15 m)
6. Scissor kick (15 m)
7. Breaststroke (50 m)
8. Front crawl & 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

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## ROOKIE, RANGER, STAR

**Rookie Patrol** (8-10 hr.): Swimmers continue stroke development with 50 m swims of front crawl, back crawl and breaststroke. Lifesaving Sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.

*Prerequisite:* Swimmer 6

**Ranger Patrol** (8-10 hr.): Swimmers develop better strokes over 75 m swims of each stroke. They tackle Lifesaving Sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation.

*Prerequisite:* Rookie Patrol

**Star Patrol** (8-10 hr.): Swimmers are challenged with 600 m workouts, 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

*Prerequisite:* Ranger Patrol