

Parent and Tot
Preschool

Swimmer
Adult Swimmer

Fitness Swimmer
Canadian Swim Patrol

Partnered with your Community Pool

Our partnership with local swimming pools brings Lifesaving Society programs and services right to your door step. We work together to make communities a safer place to learn, play, work, and live in.

Swimming is a life skill that every Canadian should learn. Knowing how to swim leads to a lifetime of fitness, good health and fun.

Lifesaving Society programs demonstrate the Canadian Sport for Life - Long Term Athlete Development's seven stages: Active Start, FUNdamentals, Learning to Train, Training to Train, Training to Compete, Training to Win and Active for Life.

Lifesaving Society instructors and coaches have the expertise to support program participants to have a positive experience to be Active for Life.

The Lifesaving Society - Canada's lifeguarding experts works to prevent drowning and water-related injury through its training programs, Water Smart® public education, aquatic safety management, drowning research and lifesaving sport. Annually over 1,200,000 Canadians participate in the Society's swimming, lifesaving, lifeguard and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.

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The Lifesaving Society Swim Program

Swim for Life® and Canadian Swim Patrol



Built on the principles of success, fun, and healthy active living

The Lifesaving Society Swim Program features both Swim for Life® and Canadian Swim Patrol - a recipe for creating Good Swimmers.

Parent and Tot (1-3)

Splash! Splash! Laugh! Water can be so much fun! These instructor lead sessions help adult and child safely explore water together.

Preschool (1-5)

Children get a head start in swimming with our Preschool levels. They will learn to be safe, confident little swimmers. Safe entries, surface support, underwater skills, and movement/swimming skills provide a strong foundation for continued learning in Swimmer levels.

Swimmer (1-6)

School aged children develop everlasting habits for healthy and active living as good swimmers. Lots of in-water practice develops solid swimming strokes and skills, with the ability to stay safe in deep water.

Rookie Patrol, Ranger Patrol and Star Patrol

For more challenge and fun, kids continue in our Canadian Swim Patrol levels. As good swimmers, they'll swim further, faster, and learn first aid and basic water rescue skills in Rookie, Ranger, and Star Patrol.

Fitness Swimmer

Get in, get fit! Fitness Swimmers participate in workouts that are worthy of their time. Regardless of age, Fitness Swimmer will improve overall physical fitness.

Adult (1-3)

Teens or adults will get the help they need with our Adult Swimmer levels. Just starting out or looking for pointers? Our Adult program can be adapted to anyone's needs.

People can spot good swimmers right away

Good Swimmers can:

- Make safe choices in, on, and around water and ice
- Protect themselves and others
- Swim for fitness
- Enjoy other aquatic activities (boating, fishing, snorkeling, etc.)
- Explore aquatic sports (Lifesaving Sport, swim club, synchronized swimming, diving, etc.)
- Become instructors and lifeguards

Lifesaving Society Swim Program features:

- Smooth transition between levels
- Swim to Survive® skills are taught as soon as possible and reinforced throughout
- Skill drills that keep kids moving
- Focuses on three essential strokes: front crawl, back crawl, breaststroke
- "Get wet, be active" Water Smart® Education teaches water safety lessons that last a lifetime

Go Further . . . Get Trained

The Swim for Life® and Canadian Swim Patrol Programs produce good swimmers who are ready to take on the extra challenges found in our Bronze Medal awards. From there, children can become a Swim and Lifesaving Instructor or National Lifeguard.

Learn to Teach Swimming Lessons

Lifesaving Society Instructors make a difference to a lot of lives. Consider becoming and Swim and Lifesaving Instructor! Anyone can access our comprehensive instructor course when they are 16 years of age and have their Bronze Cross.