



**SWIM AND SURVIVAL  
SKILLS EASY AS 1-2-3**



**ROLL INTO DEEP WATER  
TREAD 1 MINUTE  
SWIM 50 METRES**

**All Canadians deserve the  
chance to learn basic swim  
and survival skills**

**[www.lifesaving.org](http://www.lifesaving.org)**



**Swim to Survive®** teaches people the necessary skills to survive an unexpected fall into the water. Meeting the Canadian Swim to Survive Standard is an important first step to being safe around water.

**Have Fun!** Open the door to water sports and explore what it has to offer.

**Be Safe!** Know how to swim to safety in times of trouble.

**Be Active!** Swimming is a great form of physical activity.

**Swim to Survive®** is as easy as 1-2-3. Anybody can learn and anyone from a school, community organization or aquatic facility can teach the program. The program can be delivered at a community waterfront or pool.

Contact the Lifesaving Society or your local swimming pool to find a **Swim to Survive®** program near you.



LIFESAVING SOCIETY®  
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