

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. Wearing PFD, tread water (30 sec.) with sculling arm action
5. Hold breath under water (5–10 sec.)
6. Exhale under water through mouth & nose (5–10 times)
7. Open eyes under water
8. Wearing PFD, jump into deep water, tread 30 sec., & kick on back (5–10 m)
9. Float on front & back
10. Roll laterally front to back & back to front
11. Glide on front, back & side (3–5 m)
12. Flutter kick on front & back (3–5 m)

Swimmer 2

1. Jump into deep water, return & exit
2. Side roll entry wearing PFD
3. Tread water (30–45 sec.) with sculling arm action & any kick
4. Recover object from bottom in chest-deep water
5. Jump into deep water, tread 30 sec. & swim/kick (15–25 m)
6. Flutter kick on back & side (10–15 m each)
7. Whip kick in vertical position (15–30 sec.)
8. Front crawl & back crawl (10–15 m each)
9. Interval training: 4 x 9–12 m flutter kick with 10–15 sec. rests

Swimmer 3

1. Kneeling dive into deep water
2. Forward roll entry into deep water with & without PFD
3. Tread water (60 sec.)
4. Handstand in shallow water
5. Front somersault (in water)
6. Canadian Swim-to-Survive® Standard: Roll entry into deep water, tread 1 min. & swim 50 m
7. Flutter kick on back (5 m); pendulum roll to front; flutter kick on front (5 m)
8. Flutter kick on front (5 m); pendulum roll to back; flutter kick on back (5 m)
9. Whip kick on back (10–15 m)
10. Front crawl & back crawl (10–15 m)
11. Interval training: 4 x 25 m flutter kick with 15–20 sec. rests

Swimmer 4

1. Standing dive into deep water
2. Tread water (2 min.)
3. Swim underwater (5 m)
4. Roll entry into deep water, tread (1–2 min.) & swim (50–75 m)
5. Whip kick on front (10–15 m)
6. Breaststroke arms drill (10–15 m)
7. Front crawl & back crawl (25–50 m each)
8. Interval training: 4 x 25 m front or back crawl with 15–20 sec. rests
9. Sprint front crawl (25 m)

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. Back somersault (in water)
5. Stationary eggbeater kick (30–60 sec.)
6. Breaststroke (15–25 m)
7. Front crawl & back crawl (50 m each)
8. Head-up front crawl (10–15 m)
9. Interval training: 4 x 50 m front or back crawl with 30 sec. rests
10. Interval training: 4 x 10–25 m breaststroke with 15–30 sec. rests
11. Sprint front crawl & back crawl (25 m each)

Swimmer 6

1. Stride entry into deep water
2. Compact jump into deep water
3. Tread water legs only (30–60 sec.) using a lifesaving kick
4. Swim underwater (5–10 m) to recover object
5. Eggbeater kick on back (10–15 m)
6. Scissor kick (10–15 m)
7. Breaststroke (25–50 m)
8. Front crawl & back crawl (50–100 m each)
9. Interval training: 4 x 25 m breaststroke with 30 sec. rests
10. Sprint breaststroke (25 m)
11. Workout (300 m):