



SWIMMER LEARN TO SWIM

LEVELS 1 - 6

Please provide card to your next instructor

Name: _____

Email: _____

Facility: 3255 Stephenson Point Road Pool



www.Charkeswim.com

SWIMMER 1



Entries & Exits

- Enter and exit shallow water
- Jump into chest-deep water
- Jump into deep water wearing PFD

Surface Support

- Tread water 30 sec. wearing PFD

Underwater Skills

- Hold breath underwater 5 sec.
- Submerge and exhale 5 times
- Open eyes underwater

Movement / Swimming Skills

- Float on front 5 sec.
- Float on back 5 sec.
- Roll laterally front to back and back to front
- Glide on front 3 m
- Glide on back 3 m
- Glide on side 3 m
- Flutter kick on front 5 m
- Flutter kick on back 5 m
- Front crawl 5 m wearing PFD

Water Smart Education

- | | |
|---|---|
| <input type="radio"/> Swim with a buddy | <input type="radio"/> Wear a lifejacket |
| <input type="radio"/> Check the ice | <input type="radio"/> Swim to Survive |

**Badge
(Level Completed)**

COMMENTS:

INSTRUCTOR:

DATE:

Please Register In:

SWIMMER 2



Entries & Exits

- Jump into deep water, return and exit
- Sideways entry wearing PFD

Surface Support

- Tread water 15 sec.

Underwater Skills

- Recover object from bottom in chest-deep water

Swim to Survive Skills

Badge
(Level Completed)

- Wearing PFD, jump into deep water, tread 30 sec. and swim / kick 15 m

Movement / Swimming Skills

- Flutter kick on front 10 m
- Flutter kick on back 10 m
- Flutter kick on side 10 m
- Whip kick in vertical position 30 sec. with aid
- Front crawl 10 m
- Back crawl 10 m

Fitness

- Interval training: 4 x 5 m flutter kick with 20 sec. rests

Water Smart Education

- Swim with a buddy
- Check the ice
- Wear a lifejacket
- Swim to Survive

COMMENTS: _____

COMMENTS:

INSTRUCTOR: _____

DATE: _____

Please Register In:

SWIMMER 3



Entries & Exits

- Kneeling dive into deep water
- Forward roll entry into deep water

Surface Support

- Tread water 30 sec.

Underwater Skills

- Handstand in shallow water
- Front somersault (in water)

Badge
(Level Completed)

Swim to Survive Skills

- Jump into deep water, tread 30 sec. and swim / kick 25 m

Movement / Swimming Skills

- Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m
- Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m
- Whip kick on back 10 m
- Front crawl 15 m
- Back crawl 15 m

Fitness

- Interval training: 4 x 15 m flutter kick with 20 sec. rests

Water Smart Education

- Swim with a buddy
- Check the ice
- Wear a lifejacket
- Swim to Survive

COMMENTS: _____

COMMENTS:

INSTRUCTOR: _____

DATE: _____

Please Register In:

SWIMMER 4



Entries & Exits

- Standing dive into deep water

Surface Support

- Tread water 1 min.

Underwater Skills

- Swim underwater 5 m

Swim to Survive Skills

- Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m

Badge
(Level Completed)

Movement / Swimming Skills

- Whip kick on front 15 m
- Breaststroke arms drill 15 m
- Front crawl 25 m
- Back crawl 25 m

Fitness

- Interval training: 4 x 25 m front or back crawl with 20 sec. rests
- Sprint front crawl 25 m

Water Smart Education

- Swim with a buddy
- Check the ice
- Wear a lifejacket
- Swim to Survive

COMMENTS: _____

COMMENTS:

INSTRUCTOR: _____

DATE: _____

Please Register In:

SWIMMER 5



Entries & Exits

- Shallow dive into deep water
- Tuck jump (cannonball) into deep water

Surface Support

- Jump entry into deep water, and tread 2
- Stationary eggbeater kick 30 sec.

Underwater Skills

- Back somersault (in water)

Swim to Survive Skills

- Roll entry into deep water, tread 90 sec. and swim 75 m

Badge
(Level Completed)

Movement / Swimming Skills

- Breaststroke 25 m
- Front crawl 50 m
- Back crawl 50 m
- Head-up front crawl 10 m

Fitness

- Interval training: 4 x 50 m front or back crawl with 30 sec. rests
- Interval training: 4 x 15 m breaststroke with 30 sec. rests
- Sprint front crawl 25 m
- Sprint back crawl 25 m

Water Smart Education

- Swim with a buddy
- Check the ice
- Wear a lifejacket
- Swim to Survive

COMMENTS: _____

COMMENTS: _____

INSTRUCTOR: _____

DATE: _____

Please Register In:

COMMENTS:

SWIMMER 6

Entries & Exits

- Stride entry into deep water
- Compact jump into deep water

Surface Support

- Legs-only surface support 45 sec.

Underwater Skills

- Swim underwater 10 m to recover object

Movement / Swimming Skills

- Eggbeater kick on back 15 m
- Scissor kick 15 m
- Breaststroke 50 m
- Front crawl 100 m
- Back crawl 100 m
- Head-up swim 25 m

Fitness

- Interval training: 4 x 25 m breaststroke with 30 sec. rests
- Sprint breaststroke 25 m
- Workout 300 m:
 - 50 m warm-up (choice of strokes)
 - 4 x 25 m front crawl with 15 sec. rests
 - 4 x 25 m back crawl with 15 sec. rests
 - 50 m cool-down (choice of strokes)

Water Smart Education

- Swim with a buddy
- Check the ice
- Wear a lifejacket
- Swim to Survive



Badge
(Level Completed)

COMMENTS: _____

COMMENTS: _____

INSTRUCTOR: _____

DATE: _____

Please Register In:



"The acquisition of basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada."

- Lifesaving Society Canada's Swim to Survive Position Statement

- Parent & Tot
- Canadian Swim Patrol
- Preschool
- Adult Swimmer
- Swimmer
- Fitness Swimmer

Features and Benefits

Swim for Life is a complete learn-to-swim program from Parent & Tot through to Fitness Swimmer. Easy to follow and progress through, Swim for Life leads seamlessly into the Society's lifesaving and lifeguard training awards. The program is endorsed by the International Life Saving Federation and the Commonwealth Royal Life Saving Society.

Swim For Life Program Modules

There are five modules in the Swim for Life Program:

1. Parent & Tot for parents and children up to 3 years of age
2. Preschool for children 3-5 years
3. Swimmer for children 5 years and older
4. Adult Swimmer for people over 16 years
5. Fitness Swimmer for swimmers of any age who want to improve their overall physical fitness.



Using a Digital Report Card

This digital report card contains **Text Feilds** and **Check Mark Buttons**. To edit a text block, simply click on it and you will be able to type in the text block. To edit a Check Mark, click on it and a check mark will appear. If you click again, the check mark will disappear.

Instructors

Please follow these directions to fill out this Report Card

1. Click "File" then "Save As" and save this document as the student's name.
2. Page 1 - Input the **student's name** and their **email address**.
3. For their level - add your **name**, **date**, your **comments** and click the **checkmarks** for the completes items and click the **badge checkmark** if they have completed the level.
4. Email me the report cards at MCharke@aol.com.



www.Charkeswim.com