



# Required Skills

## Preschool

(5 and under)

### Parent and Tot 1

4-12 months

Who are ready to learn to enjoy the water with a parent

### Parent and Tot 2

12-24 months

Who are ready to learn to enjoy the water with a parent

### Parent and Tot 3

24-36 months

Who are ready to learn to enjoy the water with a parent

### Preschool 1

3-5 years who are just starting their swimming journey on their own

### Preschool 2

Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet.

### Preschool 3

Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec

### Preschool 4

Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side

### Preschool 5

Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back.

# Required Skills

## Swimmer

(6 and up)

### Swimmer 1

5 to 12 years who are just starting their swimming journey  
No required skills!

### Swimmer 2

Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back.

### Swimmer 3

Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back.

### Swimmer 4

Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl.

### Swimmer 5

Can complete the Canadian Swim to Survive Standard: Roll - Tread (1 min.) - Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m.

### Swimmer 6

Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m.