

STRATHCONA GARDENS RECREATION COMPLEX

Swim Lesson Descriptions



Parent & Tot 4MOS - 3YRS

The Parent & Tot program structures in-water interaction between parent and child to emphasize the importance of play in developing water positive attitudes and skills. Activities and progressions are based on child development, so parents **register in the level appropriate for their child's age**. Activities to teach Water Smart® are incorporated into all levels. Prerequisite(s): 4 months-3 years old.

Jellyfish (4-12 mos)



- Enter & exit the water safely with tot
- Readiness for submersion
- Hold tot on front, eye contact
- Hold tot on back, head & back support
- Front float (face out) – assisted
- Back float – assisted
- Float wearing PFD – assisted
- Arms: splashing, reaching, paddling, on front & back
- Legs: tickling, splashing, kicking, on front & back
- Water Smart Messages

Goldfish (12-24 mos)



- Entry from sitting position - assisted
- Exit the water – assisted
- Blow bubbles on & in water
- Face wet & in water
- Attempt to recover object below surface
- Entry from sitting position wearing PFD & return – assisted
- Front float (face in) – assisted
- Back float – assisted
- Kicking on front & back – assisted
- Surface passes with continuous contact
- Water Smart Messages

Seahorse (2-3 yrs)



- Jump entry – assisted
- Entry & submerge from sitting position – assisted
- Exit the water – unassisted
- Hold breath underwater – assisted
- Attempt to open eyes underwater
- Attempt to recover object from bottom
- Standing jump entry, return to edge – assisted
- Jump entry & float wearing PFD – assisted
- Front & back "starfish" floats – assisted
- Front & back "pencil" floats – assisted
- Kicking on front & back – assisted
- Underwater passes
- Water Smart Messages

Two's in Training



This new facility class is a combination of the Seahorse and Octopus class for kids 2.5-3 years of age. This program is to transition children to being independent without parents being in the water.

- The first half of the session will be with the parent and instructor, the last half of the session will be without the parent and the instructor.
- Skills, games and toys will be incorporated into this lesson to prepare your child for a successful and enjoyable water experience.

▶ **Next Steps:** If your child is under 3 years register in Parent & Tot classes, when they are three years old, consider Preschool levels.



Help us avoid pool closures!

If your child is not potty trained they must wear a swim diaper in the pool. Our front desk sells disposable and reusable swim diapers in all sizes.

Preschool 3-5 YEARS

The Preschool program gives children a head start on learning to swim. Preschool programs develop fundamental physical literacy skills for aquatic activities. In our Preschool program, we work to ensure 3-5 year olds become comfortable in the water and have fun, while developing a foundation of water skills. Prerequisite(s): 3-5 years old.

Octopus



- Enter & exit shallow water - assisted
- Jump into chest-deep water - assisted
- Face in water
- Blow bubbles in water
- Float on front & back (3 sec. each) - assisted
- Safe movement in shallow water - wearing PFD
- Glide on back wearing PFD (3 m each) - assisted
- Water Smart Messages

Crab



- Enter & exit shallow water wearing PFD
- Jump into chest-deep water
- Submerge
- Submerge & exhale (3 times)
- Float on front & back (3 sec. each) wearing PFD or with buoyant aid
- Roll laterally front to back & back to front, wearing PFD
- Glide on front & back wearing PFD (3 m each) wearing PFD or with buoyant aid
- Flutter kick on back with buoyant aid (5 m)
- Water Smart Messages

Orca



- Jump into deep water wearing PFD, return & exit
- Sideways entry wearing PFD
- Hold breath under water (3 sec.)
- Submerge & exhale (5 times)
- Recover object from bottom in waist-deep water
- Back float; roll to front; swim 3 m
- Float on front & back (5 sec. each)
- Roll laterally front to back & back to front
- Glide on front & back (3 m each)
- Flutter kick on back (5 m)
- Flutter kick on front (3 m)

Sea Lion



- Forward roll entry wearing PFD
- Tread water (10 sec.)
- Submerge & hold breath (5 sec.)
- Recover object from bottom in chest-deep water
- Wearing PFD, sideways entry into deep water; tread (20 sec.); swim/kick (10 m)
- Whip kick in vertical position (20 sec.) with PFD or buoyant aid
- Front crawl (5 m)
- Back crawl (5 m)
- Interval training: 4 x 5 m flutter kick on back with 30 sec. rests
- Water Smart Messages

Narwhal



- Forward roll entry wearing PFD
- Tread water (10 sec.)
- Submerge & hold breath (5 sec.)
- Recover object from bottom in chest-deep water
- Wearing PFD, sideways entry into deep water; tread (20 sec.); swim/kick (10 m)
- Whip kick in vertical position (20 sec.) with PFD or buoyant aid
- Front crawl (5 m)
- Back crawl (5 m)
- Interval training: 4 x 5 m flutter kick on back with 30 sec. rests
- Water Smart Messages

Next Steps - Transition for 5 year olds:

We recognize that registering a 5 year old may be confusing as the age range for preschool levels is 3-5 years and the Swimmer levels are 5-12 years. See the last page in this document for help registering your 5 year old.

Swimmer 5-12 YEARS

The Swimmer program makes sure children learn the fundamental physical literacy skills for aquatic activities. Progressions accommodate 5-12 year olds, including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Once completed, swimmers progress into the Canadian Swim Patrol. Prerequisite(s): 5-12 years old.

Swimmer 0.5



For those starting swimming lessons or those who have taken the preschool program and are turning 6 years old.

This new facility based introductory level bridges the transition from the leisure pool to the main pool and focuses on the beginner fundamentals of swimming while having fun.

Pre-school lessons (3-5 years of age) are taught in the leisure pool for the majority of the class and it's sometimes difficult to adjust to the temperature and size of the main pool. Swimmer 1 (6+ years of age) are taught in the main pool. Games and getting comfortable in the water are the main focuses in this level.

Swimmer 1



- Enter & exit shallow water
- Jump into chest-deep water
- Jump into deep water wearing PFD
- Tread water (30 sec.) wearing PFD
- Hold breath under water (5 sec.)
- Submerge and exhale (5 times)
- Open eyes under water
- Float on front & back (5 sec. each)
- Roll laterally front to back & back to front
- Glide on front, back & side (3 m each)
- Flutter kick on front & back (5 m each)
- Front Crawl (5 m) wearing PFD
- Water Smart Messages

Swimmer 1.5



- This new facility based introductory level allows Swimmer 1 to practice skills and endurance in order to be successful in Swimmer 2.
- This level is to bridge the gap between levels for swimmers to succeed.
- Jumping into deep water
- Introduction to treading water (with and without a PFD),
- Learning rhythmic breathing,
- Work on unassisted floats, glides, and kicks for up to 7m.
- To emphasize and develop proper kicking mechanics for front and back crawl up to 7m.

Swimmer 2



- Jump into deep water, return & exit
- Sideways entry wearing PFD
- Tread water (15 sec.)
- Recover object from bottom in chest-deep water
- Wearing PFD jump into deep water, tread 30 sec. & swim / kick (15 m)
- Flutter kick on front, back & side (10 m each)
- Whip kick in vertical position (30 sec.) with aid
- Front crawl & back crawl (10 m each)
- Interval training: 4 x 5 m flutter kick, 20 sec. rests
- Water Smart Messages

Swimmer 3



- Kneeling dive into deep water
- Forward roll entry into deep water
- Tread water (30 sec.)
- Handstand in shallow water
- Front somersault (in water)
- Jump into deep water, tread 30 sec. & swim / kick (25 m)
- 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 & back crawl (15 m each)
- Interval training: 4 x 15 m flutter kick, 20 sec. rests
- Water Smart messages

Swimmer 4



- Standing dive into deep water
- Tread water (1 min.)
- Swim underwater (5 m)
- Canadian Swim-to-Survive® Standard: Roll entry into deep water, tread 1 min. and swim 50 m
- Whip kick on front (15 m)
- Breaststroke arms drill (15 m)
- Front crawl & back crawl (25 m each)
- Interval training: 4 x 25 m front or back crawl with 20 sec. rests
- Sprint front crawl (25 m)
- Water Smart Messages



Swimmer 5-12 YEARS

Stroke Improvement & Drills



This new facility based level is to further develop flutter kick and increase endurance through interval training, drills and technique correction. This program is specifically designed to work on strokes so swimmers can be successful in levels Swimmer 5 through 9.

Swimmer 5



- Shallow dive into deep water
- Tuck jump (cannonball) into deep water
- Jump entry into deep water & tread 2 min
- Stationary eggbeater kick (30 sec.)
- Back somersault (in water)
- Roll entry into deep water, tread 90 sec. and swim 75 m
- Breaststroke (25 m)
- Front crawl & back crawl (50 m each)
- Head-up front crawl (10 m)
- 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 & back crawl (25 m each)
- Water Smart Messages

Swimmer 6



- Stride entry into deep water
- Compact jump into deep water
- Legs-only surface support 45 sec.
- Swim underwater (10 m) to recover object
- Eggbeater kick on back (15 m)
- Scissor kick (15 m)
- Breaststroke (50 m)
- Front crawl & back crawl (100 m each)
- Head-up swim 25 m
- Interval training: 4 x 25 m breaststroke with 30 sec. rests
- Sprint breaststroke (25 m)
- Workout (300 m)
- Water Smart Messages

▶ **Next Steps:** Canadian Swim Patrol, Junior Lifeguard Club, Bronze Star

CANADIAN SWIM PATROL

This is a 3-level pre-Bronze Award progression that delivers “work hard/play hard” training for skilled swimmers 8-12 years old. Canadian Swim Patrol is designed to take young swimmers beyond the learn-to-swim program and provide them with basic lifesaving skills. Candidates earn recognition for success in content modules (stickers) and for overall award achievement (badges). The Rookie, Ranger and Star Patrol programs each have three modules to include Water Proficiency, Recognition & Rescue and First Aid.

Swimmer 7 Rookie Patrol



- Water safety messages and cold-water self-rescue techniques.
- Recognition of weak and drowning swimmers and how to rescue them safely.
- Assessment and treatment of conscious patients suffering from deadly bleeding.
- Stroke evaluation and development to complete a 350 m workout and endurance swim (100 m in 3 mins).
- The development of a support kick to be able to carry a 2.3 kg (5 lb) brick for 15 m.

Swimmer 8 Ranger Patrol



- Water safety messages and the Swim to Survive challenge.
- Recognition of weak swimmers, drowning non-swimmers, unconscious victims and how to rescue them safely.
- Assessment and treatment of a conscious choking patient.
- Stroke evaluation and development to complete a 200 m endurance swim in 6 minutes.
- The development of a lifesaving kick to be able to support a 2.3 kg (5 lb) brick at the surface for 1 min in deep water.

Swimmer 9 Star Patrol



- Water safety messages and ice self-rescue.
- Recognition of weak swimmers, drowning non-swimmers, unconscious victims and how to rescue them safely.
- Assessment and treatment of patients suffering from asthma, allergic reactions and fractures.
- Stroke evaluation and development so as to complete a 600 m workout and 300 m endurance swim in 9 mins.
- The development of a lifesaving kick to be able to carry a 4.5 kg (10 lb) brick at the surface for 1 minute in deep water.

▶ **Next Steps:** Bronze Medallion (at age 13).

Go online to strathconagardens.com/swimforlife for lesson times and registration.



Homeschool & Adult

HOMESCHOOL LESSONS

These lessons are designed for homeschool students delivered in a blended level series. They follow the learn-to-swim curriculum within the Lifesaving Society's Swim to Survive program.

- Beginner is for those working on Orca, Sea Lion, Narwhal, Swimmer 1 & 2.
- Intermediate is for those working on Swimmer 3, 4, 5 & 6
- Advanced is for those working on Swimmer 7, 8, & 9.

ADULT SWIMMER

The Adult Swimmer program is for beginners who may be just starting out, or swimmers who want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth, recognizable strokes. Instructors are prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn in order to achieve their personal swimming goals.

Prerequisite(s): 13 years old.

PRIVATE LESSONS

Want to learn how to swim or work on your swim skills? Customized private lessons only cost \$23.90 per 12 hour plus \$7.30 for each additional person. Please contact Catherine at 250-830-6760 or cmay@srd.ca to discuss a time and lesson schedule that works for you.

Adult / Teen 1

This level is for beginners who have little to no swimming experience. Work on breathing & submersion, floats, glides, and kicks.

Adult / Teen 2

This level is for intermediate swimmers. Continue working on water proficiency through a variety of movements and entries while enhancing swimming strokes.

Adult / Teen 3

This level is for advanced swimmers that want to continue working on stroke development and endurance.

Go online to strathconagardens.com/swimforlife for lesson times and registration.

TRANSITION FOR 5YR OLDS

We recognize that registering a 5 year old may be confusing as the age range for Pre-school levels is 3-5 years and the Swimmer levels are 5-12 years. Here are some scenarios that may help:

- 5 years old and they've never been in swimming lessons before. Register in Swimmer 1. You could register them in Octopus but seeing that they will soon be 6 years old, it's best to try them in Swimmer 1.
- 5 years old, they passed Orca, but they're almost 6 years old. Register in Swimmer 1.
- 5 years old, they passed Sea Lion, but they're almost 6 years old. Register in Swimmer 2.
- They recently turned 5 years old, they passed Sea Lion. Register in Narwhal.
- 5 years old, they passed Narwhal. Register in Swimmer 2.
- If your child passed Narwhal but they're only 4 years old, it's best to have them repeat Narwhal to continue skill development and register in Swimmer 1 when they're 5.