

# 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. Tread water (30 sec.) wearing PFD
5. Hold breath under water (5 sec.)
6. Submerge and exhale (5 times)
7. Open eyes under water
8. Float on front & back (5 sec. each)
9. Roll laterally front to back & back to front
10. Glide on front, back & side (3 m each)
11. Flutter kick on front & back (5 m each)
12. Water Smart Messages

## Swimmer 2

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

## Swimmer 3

1. Kneeling dive into deep water
2. Forward roll entry into deep water
3. Tread water (30 sec.)
4. Handstand in shallow water
5. Front somersault (in water)
6. Jump into deep water, tread 30 sec. & swim / kick (25 m)
7. Flutter kick on back (5 m); reverse direction and flutter kick on front (5 m)
8. Flutter kick on front (5 m); reverse direction and flutter kick on back (5 m)
9. Whip kick on back (10 m)
10. Front crawl & back crawl (15 m each)
11. Interval training: 4 x 15 m flutter kick with 20 sec. rests
12. Water Smart messages

## Swimmer 4

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

## 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. Stationary eggbeater kick (30 sec.)
5. Back somersault (in water)
6. Roll entry into deep water, tread 90 sec. and swim 75 m
7. Breaststroke (25 m)
8. Front crawl & back crawl (50 m each)
9. Head-up front crawl (10 m)
10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests
11. Interval training: 4 x 15 m breaststroke with 30 sec. rests
12. Sprint front crawl & back crawl (25 m each)
13. Water Smart Messages

## Swimmer 6

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