

Instructor Comments

Instructor Name:

Date:

Next level to register in...

Register at vaughan.perfectmind.com

Swim Programs

Youth (up to 15 years)

Fitness Swimmer

Advanced (8-13 years)

Prerequisite: Swimmer 6 / Fitness Swimmer

Fitness Swimmer (8-13 years)

Prerequisite: Swimmer 5

Water Polo (8-13 years)

Prerequisite: Swimmer 5

Vaughan Sports:

Lifesaving (7-15 years)

Prerequisite: Swimmer 5

Vaughan Lifesaving Club (8 years+)

Prerequisite: Swimmer 5 / Adult 2 Swim

Springboard Diving:

Beginner & Advanced (6-14 years)

Prerequisite: Swimmer 5

Teen | Adult (13 years+)

Fitness Swimmer Advanced:

Teen & Adult

Prerequisite: Swimmer 5

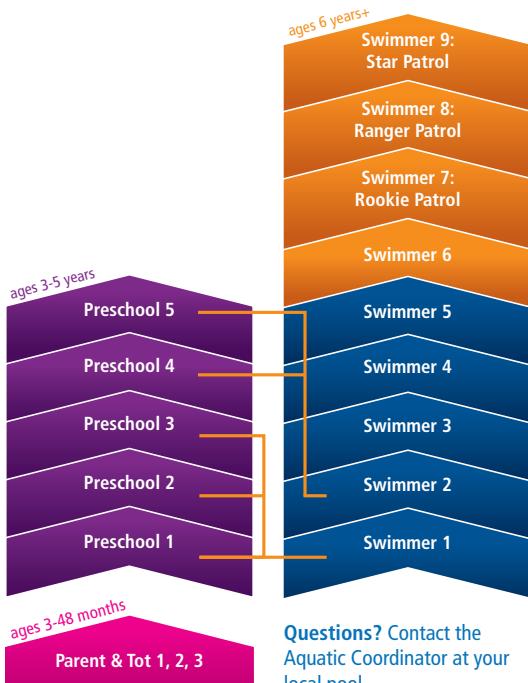
Adult 3 Swim / Fitness Swimmer

Fitness Swimmer: Teen & Adult

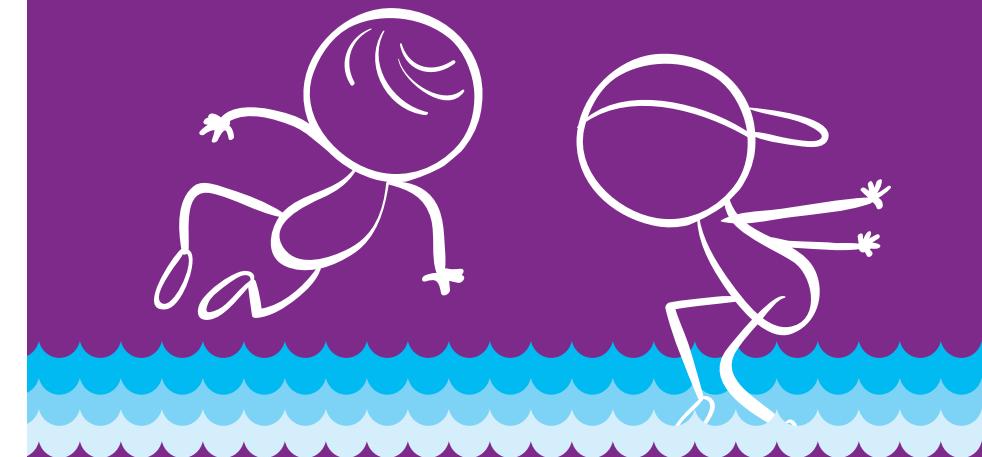
Prerequisite: Swimmer 5 / Adult 3 Swim

Adult Swim 1, 2 & 3

Swim Level Progression Chart



Progress Report



Preschool 1–5

Name _____

Level _____

vaughan.ca/swim



Preschool 1

Entries and Exits

- Enter and exit shallow water (assisted)
- Jump into chest-deep water (assisted)

Underwater Skills

- Face in water
- Blow bubbles in water

Movement / Swimming Skills

- Float on front (3 sec.) assisted
- Float on back (3 sec.) assisted
- Safe movement in shallow water wearing lifejacket
- Glide on front (3 m) assisted
- Glide on back (3 m) assisted

Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

Preschool 2

Entries and Exits

- Enter and exit shallow water in lifejacket
- Jump into chest-deep water

Underwater Skills

- Submerge
- Submerge and exhale 3 times

Movement / Swimming Skills

- Float on front 3 sec. with lifejacket or aid
- Float on back 3 sec. with lifejacket or aid
- Roll laterally front to back and back to front wearing lifejacket
- Glide on front 3 m with lifejacket or aid
- Glide on back 3 m with lifejacket or aid
- Flutter kick on back 5 m with buoyant aid

Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

Preschool 3

Entries and Exits

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

Preschool 3 (continued)

Underwater Skills

- Hold breath underwater 3 sec.
- Submerge and exhale 5 times
- Recover object from bottom in waist-deep water

Swim to Survive® Skills

- Back float, roll to front, swim 3 m

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
- Flutter kick on front 5 m
- Flutter kick on back 5 m

Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

Preschool 4

Entries and Exits

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

Surface Support

- Tread water 10 sec. wearing lifejacket

Underwater Skills

- Open eyes underwater
- Recover item in chest-deep water

Swim to Survive® Skills

- Wearing a lifejacket, sideways entry into deep water; tread 15 sec.; swim/kick 5 m
- Front float; roll to back; swim 5 m

Movement / Swimming Skills

- Glide on side 3 m
- Flutter kick on front 7 m; on back 7 m; on side 5 m
- Front crawl 5 m wearing lifejacket

Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

Preschool 5

Entries and Exits

- Forward roll wearing lifejacket

Surface Support

- Tread water 10 sec.

Underwater Skills

- Submerge and hold breath 5 sec.
- Recover object from bottom in chest-deep water

Swim to Survive® Skills

- Wearing a lifejacket, sideways entry into deep water; tread 20 sec.; swim/kick 10 m

Movement / Swimming Skills

- Whip kick in vertical position 20 sec. with lifejacket or buoyant aid
- Front crawl 5 m
- Back crawl 5 m

Fitness

- Interval training: 4 x 5 m flutter kick on back with 30 sec. rest

Water Smart® Education

- Within Arms' Reach
- Wear a Lifejacket

Swimmer 1 (continued)

- Flutter kick on front 5 m
- Flutter kick on back 5 m
- Front crawl 5 m wearing lifejacket

Water Smart® Education

- Swim with a Buddy
- Wear a Lifejacket
- Check the Ice
- Swim to Survive

Swimmer 2

Entries and Exits

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

Surface Support

- Tread water 15 sec.

Underwater Skills

- Recover object from bottom in chest-deep water

Swim to Survive® Skills

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

Movement / 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
- Wear a Lifejacket
- Check the Ice
- Swim to Survive

Be water smart – stay within arms' reach.

Be vigilant! Children under 5 are at high risk around water. Stay within arms' reach whenever they are near or in the water.