

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

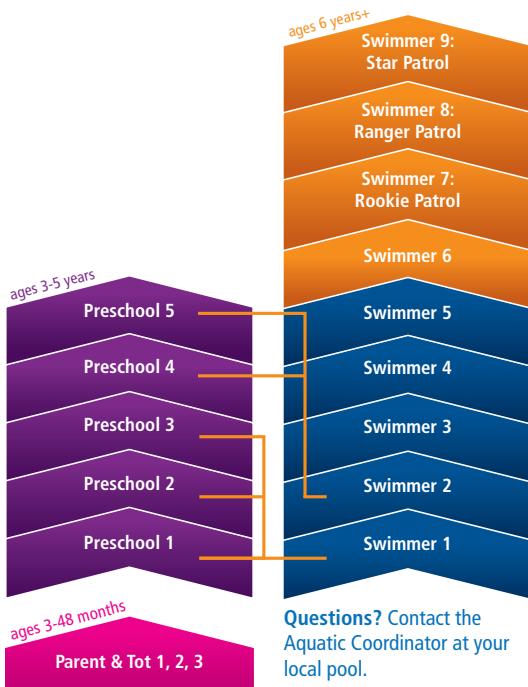
Adult 3 Swim / Fitness Swimmer

Fitness Swimmer: Teen & Adult

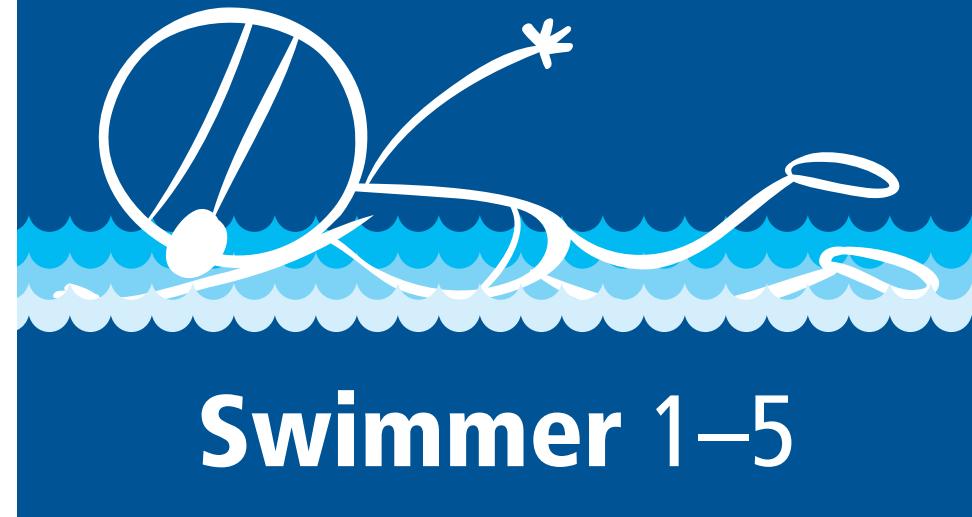
Prerequisite: Swimmer 5 / Adult 3 Swim

Adult Swim 1, 2 & 3

Swim Level Progression Chart



Progress Report



Swimmer 1–5

Name _____

Level _____

vaughan.ca/swim



Swimmer 1

Entries and Exits

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

Surface Support

- Tread water 30 sec. wearing lifejacket

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 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 / Swimming Skills

- Flutter kick on front 10 m
- Flutter kick on back 10 m

Swimmer 2 (continued)

- 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

Swimmer 3

Entries and 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)

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

Swimmer 4

Entries and Exits

- Standing dive into deep water

Surface Support

- Tread water 1 min.

Underwater Skills

- Swim underwater 5 m

Swim to Survive® Skills

- Canadian Standard: roll entry into deep water, tread 1 min. and swim 50 m

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

Swimmer 5

Entries and Exits

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

Surface Support

- Jump entry into deep water, tread 2 min.
- 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

Movement / Swimming Skills

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

Swimmer 5 (continued)

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

Swimmer 6

Entries and 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)

Water Smart® Education

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