

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

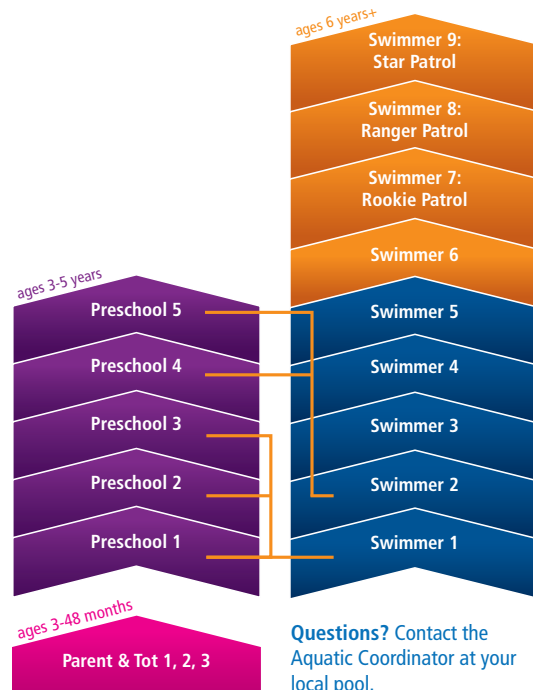
Adult 3 Swim / Fitness Swimmer

Fitness Swimmer: Teen & Adult

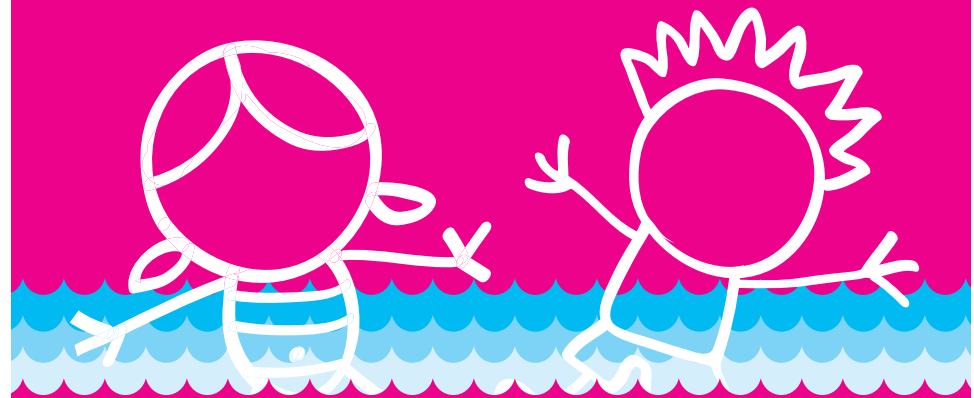
Prerequisite: Swimmer 5 / Adult 3 Swim

Adult Swim 1, 2 & 3

Swim Level Progression Chart



Progress Report



Parent & Tot 1-3

Name

Level

Parent & Tot 1

Entries and Exits

- ☐ Enter and exit the water safely with tot

Underwater Skills

- ☐ Readiness for submersion

Movement / Swimming Skills

- ☐ Hold tot on front, eye contact
- ☐ Hold tot on back, head and back support
- ☐ Front float (face out) – assisted
- ☐ Back float (assisted)
- ☐ Float wearing lifejacket (assisted)
- ☐ Arms: splashing, reaching, paddling on front and back
- ☐ Legs: tickling, splashing, kicking on front and back

Water Smart® Education

- ☐ Within Arms' Reach
- ☐ Wear a Lifejacket
- ☐ Swim to Survive

Parent & Tot 2

Entries and Exits

- ☐ Entry from sitting position (assisted)
- ☐ Exit the water (assisted)

Underwater Skills

- ☐ Blow bubbles on and in water
- ☐ Face wet and in water
- ☐ Attempt to recover object below surface

Swim to Survive® Skills

- ☐ Entry from sitting position wearing lifejacket and return (assisted)

Movement / Swimming Skills

- ☐ Front float (face in) – assisted
- ☐ Back float (assisted)
- ☐ Kicking on front (assisted)
- ☐ Kicking on back (assisted)
- ☐ Surface passes with continuous contact

Water Smart® Education

- ☐ Within Arms' Reach
- ☐ Wear a Lifejacket
- ☐ Swim to Survive

Parent & Tot 3

Entries and Exits

- ☐ Jump entry (assisted)
- ☐ Entry and submerge from sitting position (assisted)
- ☐ Exit the water (unassisted)

Underwater Skills

- ☐ Hold breath underwater (assisted)
- ☐ Attempt to open eyes underwater
- ☐ Attempt to recover object from bottom

Swim to Survive® Skills

- ☐ Standing jump entry, return to edge (assisted)
- ☐ Jump entry and float wearing lifejacket (assisted)

Movement / Swimming Skills

- ☐ Front "starfish" float (assisted)
- ☐ Back "starfish" float (assisted)
- ☐ Front "pencil" float (assisted)
- ☐ Back "pencil" float (assisted)
- ☐ Kicking on front (assisted)
- ☐ Kicking on back (assisted)
- ☐ Underwater passes

Water Smart® Education

- ☐ Within Arms' Reach
- ☐ Wear a Lifejacket
- ☐ Swim to Survive

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

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.