

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

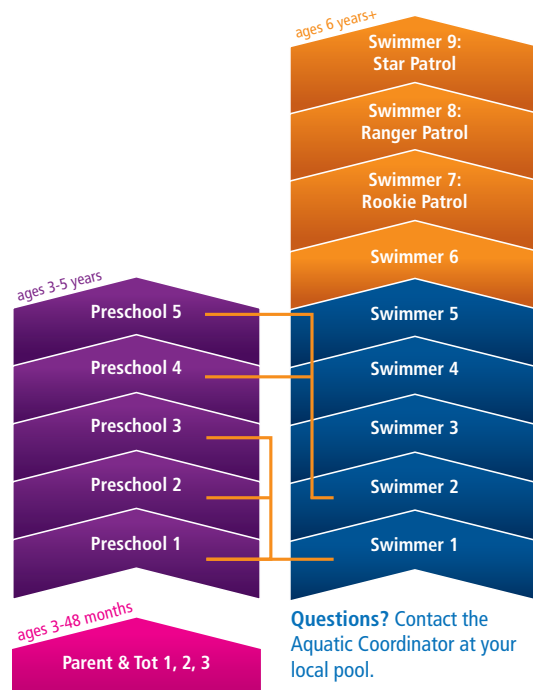
Adult 3 Swim / Fitness Swimmer

Fitness Swimmer: Teen & Adult

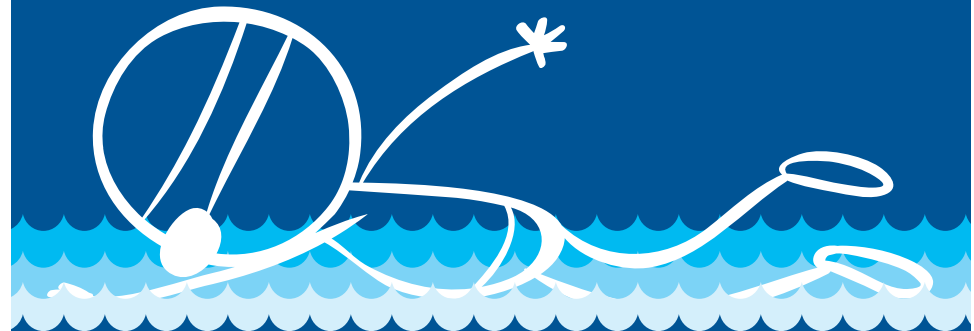
Prerequisite: Swimmer 5 / Adult 3 Swim

Adult Swim 1, 2 & 3

Swim Level Progression Chart



Progress Report



Swimmer 1-5

Name

Level

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