

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

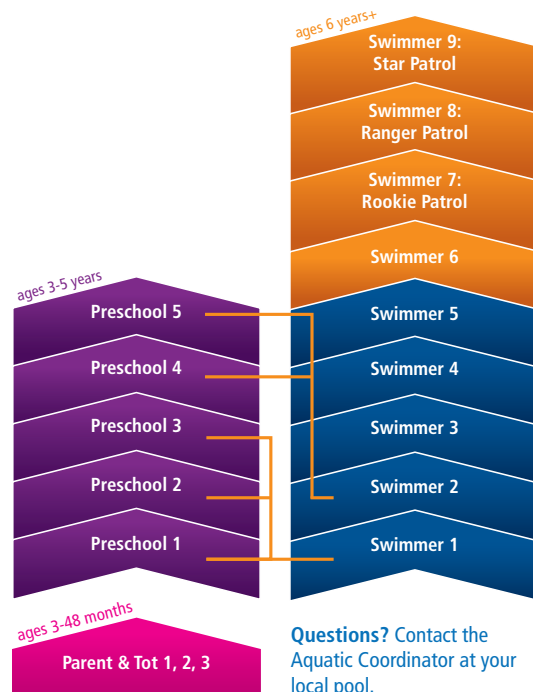
Adult 3 Swim / Fitness Swimmer

Fitness Swimmer: Teen & Adult

Prerequisite: Swimmer 5 / Adult 3 Swim

Adult Swim 1, 2 & 3

Swim Level Progression Chart



Questions? Contact the Aquatic Coordinator at your local pool.



Progress Report



Preschool 1–5

Name

Level

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

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

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.