

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

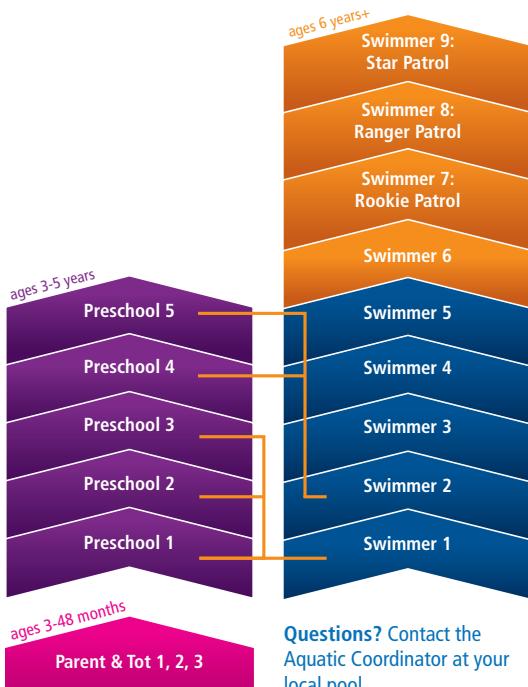
Adult 3 Swim / Fitness Swimmer

Fitness Swimmer: Teen & Adult

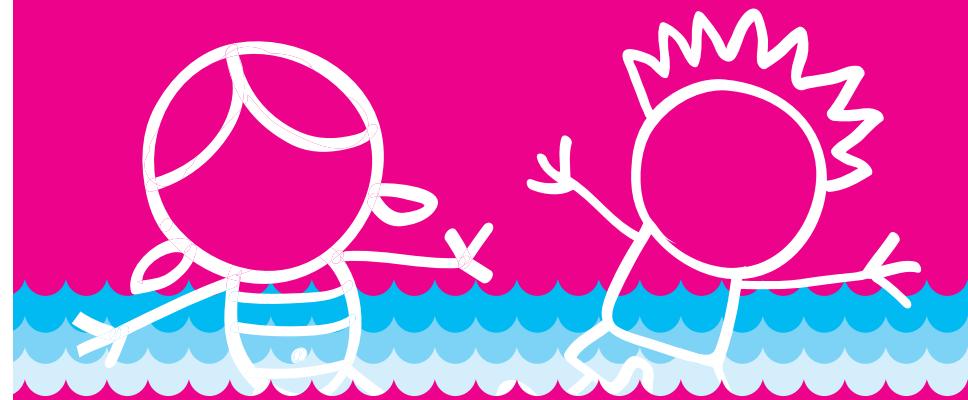
Prerequisite: Swimmer 5 / Adult 3 Swim

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.