



Swimmer 1

At this level, students will learn to swim short distances (up to 5 meters) on their back and front. They will also learn lots of water safety topics and how to tread water. This level is for students ages 6 and over that are in the beginning stages of learning how to swim.



Swimmer 2

At this level, students will continue to extend their swimming distance (up to 10 metres) on their front, back, and side. They will also begin to learn front crawl, back crawl and treading water. Swimmer 2 is for the students that have completed Swimmer 1, or Preschool 5.



Swimmer 3

Swimmer 3 is where students will focus on improving their front and back crawl up to 15 meters, changing directions on their glides, begin to apply their knowledge of whip kick and learn about interval training (similar to a distance swim) for the first time.



Swimmer 4

At this level, students improve their front crawl and back crawl technique for up to 25 meters. Students are also introduced to the Canadian Swim to Survive Standard, where they must roll into the pool, tread water, and swim for 25 meters. Students extend the distance of their interval training and begin standing dives into the pool.



Swimmer 5

In this class, students will focus on their strokes including breaststroke up to 25 meters, and front crawl and back crawl up to 50 meters. Students will also begin to learn eggbeater and shallow dives, and their interval training and Canadian Swim to Survive Standard distances increase.



Swimmer 6

Swimmer 6 is the final level before students advance onto Rookie, Ranger, and Star Patrol. Students will have mastered front and back crawl for up to 100 meters and breaststroke for up to 50 meters. Students will be introduced to scissor kick, learn to apply their eggbeater, have a 300-meter distance swim, and learn the compact jump and stride entry.