

Advanced Aquatics - Leadership Programs



National Lifeguard

National Lifeguard (NL) certification is the industry standard for professional lifeguards in Canada, and is offered through the Lifesaving Society's programs. NL guards are water rescue professionals trained in emergency care. They prevent accidents. They are trained to spot potential trouble and intervene before it becomes life-threatening. They identify hazards and determine safe practices. They educate the public about the hazards and risks associated with aquatic activities and how to be Water Smart.

Bronze Cross

This program begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as future lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Stroke mechanics and endurance are also included. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard award (NL) and leadership certification programs such as Lifesaving Instructor. Includes a 400 metre timed swim.

Bronze Medallion

This program challenges the candidate both mentally and physically. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Stroke mechanics, endurance, and rescue of others are included. Includes a 400 metre timed swim.

Bronze Star

This program develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Includes a 400 metre fitness challenge workout.

Canadian Swim Patrol

This program consists of three modular levels; Rookie, Ranger and Star. The Patrol program is great for swimmers who are ready to go beyond our Learn-to-Swim program. This program provides a strong foundation for the Bronze Medal awards.

Features and Benefits

Swim for Life® is a comprehensive swim instruction program that focuses on the acquisition and development of fundamental swim strokes and skills for learners of all ages and abilities.

Learning Swim to Survive® skills and achieving the **Lifesaving Society's Swim to Survive Standard** are key foundations of the **Swim for Life®** program.

Swim for Life® is assessable, flexible, success-orientated and fun. Instructors ensure swimmers get lots of in-water practice in every lesson.

Swim for Life® flows seamlessly into the society's lifesaving and vocational training awards, providing a complete, coherent, single-source program of integrated swimming and lifesaving instruction.

Water Smart® education is an integral part of **Swim for Life®** and provides information and experiences that help participants make smart decisions in, on, and around water and ice.



Tamitik Jubilee Sports Complex
250-632-8955
www.kitimat.ca



KITIMAT
A Marvel of Nature and Industry

Sam Lindsay Aquatic Centre

Everyone Needs to Learn How to Swim



 LIFESAVING SOCIETY®
The Lifeguarding Experts

 kitimat
leisure
services



The Sam Lindsay Aquatic Centre, along with the Lifesaving Society, are pleased to promote the Swim For Life program. The Swim for Life program stresses lots of in-water practice to develop solid swimming strokes and skills and incorporates valuable Water Smart@education that will last a lifetime.

Parent and Tot

For children aged 4 months to 3 years and their parent/ caregivers. Based on the principle 'Within Arm's Reach', this course focuses on close playful interaction and shared fun between child, caregiver and water.

Preschool

This series is a 5-level program, for kids aged 3-5, that helps learn to love the water through games and activities.

Swimmer

Parents and swimmers will see greater success in each of the 6 levels, with more time to practice and master skills. Swimmers will be even better prepared to tackle the challenges of the Canadian Swim Patrol program once they have successfully completed Swim for Life. These levels are for kids 6-12. Water Smart Education is included in all of our learn-to-swim classes! Our aim is to provide participants with the swimming and survival skills, along with water safety know-how necessary to be active in and around the water.

Adult Swimmer

The Adult Swimmer Program is for beginners who may be just starting out or swimmers who just want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth recognizable strokes. Water Smart@ education is part of all levels

Fitness Swimmer

The Fitness Swimmer Program is for swimmers of any age who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach to improve physical fitness based on accepted training principles and practices including interval training. Participants learn to use pace clocks and timers and reach their target zone. They also create workouts and set fitness goals.

SWIM LESSON REGISTRATION CHART

Please check our chart below for guidance on Lifesaving Society Swim for Life registration

If your child is under 3 years of age:	Completed Red Cross Swim:	Then register in Lifesaving Society:
Is 4 to 12 months old and ready to learn to enjoy the water with parent	Starfish	Parent & Tot 1
Is 12 to 24 months old and ready to learn to enjoy the water with parent	Duck	Parent & Tot 2
Is 2 to 3 years old and ready to learn to enjoy the water with a parent	Sea Turtle	Parent & Tot 3
If your child is 3 – 5 years old and can:	Completed Red Cross Swim:	Then register in Lifesaving Society:
Is 3 – 5 years and just starting out on their own	Sea Otter	Preschool 1
<input type="checkbox"/> Can jump into chest-deep water assisted <input type="checkbox"/> Float and glide on front and back assisted <input type="checkbox"/> Blow bubbles and get face wet unassisted	Salamander	Preschool 2
<input type="checkbox"/> Can jump into chest-deep water unassisted <input type="checkbox"/> Submerge and exhale underwater 3 times <input type="checkbox"/> Float on front and back wearing a PFD for 3 seconds	Sunfish	Preschool 3
<input type="checkbox"/> Can jump into deep water wearing a PFD <input type="checkbox"/> Hold breath underwater for 3 seconds <input type="checkbox"/> Front and back floats for 5 seconds <input type="checkbox"/> Glide and kick on front and back for 5 m (all skills performed unassisted)	Crocodile	Preschool 4
<input type="checkbox"/> Can jump into deep water <input type="checkbox"/> Side glide 3 m <input type="checkbox"/> Front float, roll to back float, and then swim 5 m <input type="checkbox"/> Flutter kick on front and on back 7 m <input type="checkbox"/> Front crawl wearing a PFD for 5 m	Whale	Preschool 5
If your child is 6 years of age or older and can:	Completed Red	Then register in Lifesaving Society:
Is 6-12 years with no previous lesson experience Is 6 to 12 years old with some lesson experience	Swim Kids 1, Sea Otter, Salamander, or Sunfish	Swimmer 1
<input type="checkbox"/> Jump into chest-deep water unassisted and into deep-water wearing a PFD <input type="checkbox"/> Open eyes, hold breath, and exhale underwater <input type="checkbox"/> Float, kick and glide on front and back	Swim Kids 2 or Crocodile	Swimmer 2
<input type="checkbox"/> Jump into deep water and do a sideways entry wearing a lifejacket <input type="checkbox"/> Support self at the surface for 15 sec <input type="checkbox"/> Do whip kick in vertical position <input type="checkbox"/> Swim 10 m on front and back	Swim Kids 3 or Whale	Swimmer 3
<input type="checkbox"/> Tread for 30 sec <input type="checkbox"/> Do kneeling dives and front somersaults <input type="checkbox"/> 10 m whip kick on back <input type="checkbox"/> Swim 15 m front crawl and back crawl	Swim Kids 4 or Swim Kids 5	Swimmer 4
<input type="checkbox"/> Complete the Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m) <input type="checkbox"/> Dive <input type="checkbox"/> Swim underwater <input type="checkbox"/> 15 m whip kick on front <input type="checkbox"/> Breaststroke arms with breathing <input type="checkbox"/> Swim front and back crawl 25 m	Swim Kids 6	Swimmer 5
<input type="checkbox"/> Do shallow dives and cannonballs <input type="checkbox"/> Eggbeater and scissor kick <input type="checkbox"/> Swim 50 m front and back crawl <input type="checkbox"/> Breaststroke for 25 m <input type="checkbox"/> Sprint 25 m	Swim Kids 7	Swimmer 6
<input type="checkbox"/> Do stride entries and compact jumps <input type="checkbox"/> Legs only surface support for 45 seconds <input type="checkbox"/> Sprint 25 m breaststroke <input type="checkbox"/> Swim 100 m of front crawl and back crawl <input type="checkbox"/> 300 m workout	Swim Kids 8	Rookie Patrol
	Swim Kids 9	Ranger Patrol
	Swim Kids 10	Star Patrol