



# Achieve your best with every stroke



## 10-level program for children age 6 years and up

**Placement** in the program depends on age, skill proficiency, previous experience, and readiness.

**Progression** is based on skill evaluation.



### LEVEL 10

Further refinement of strokes, with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice, and head-first and feet-first surface dives. Endurance is built using dolphin kick and butterfly drills and a 500-metre swim.

### LEVEL 9

Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first surface dives and standing dives and learn about wise choices, peer influences, and self-rescue from ice. Endurance is built through a 400-metre swim.

### LEVEL 8

Level 8 provides an introduction to the breaststroke, foot first surface dives, and rescue entries. Children learn about the dangers of open water, hypothermia, and the performance of rescue breathing on children and adults. Endurance is built on the dolphin kick and 300-metre swim.

### LEVEL 7

Level 7 continues to build skills and endurance for front crawl, back crawl and elementary back stroke and introduces whip kick on the front. Children learn about airway and breathing obstructions, and participate in timed treading water for increasing endurance. Endurance is built through timed treading water and a 150-metre swim.

### LEVEL 6

Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75-metre swim.

### LEVEL 5

Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives receive an introduction to safe boating skills. Endurance is developed through dolphin kick and a 50-metre swim.

### LEVEL 4

The front crawl, back glide and shoulder roll for back crawl are further developed. Children work on kneeling dives, surface support and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25-metre swim.

### LEVEL 3

This level provides an introduction to front crawl as well the foundation for making wise choices on where and when to swim. Diving is introduced and children will work on floats and changing direction. Endurance is achieved by building strength in flutter kick and a 15-metre swim.

### LEVEL 2

This level helps the child build skills in front and back swims. Children are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on flutter kicking with assisted glides.

### LEVEL 1

This is an entry level for children ready to move in shallow water. This level provides an orientation to the water and the pool area and introduces floats and glides with kicks. Children build their endurance by improving distance.