



Forest Edge Community Club is now offering Lifesaving Society Swim for Life Program.

Lifesaving Society's Swimmer progression accommodates children 5 years of age and older. In water practice develops swimming strokes and skills.

Swimmer 1 – 30 minute classes, 7 classes, 1 instructor for 6 swimmers

Beginners will become comfortable jumping into the water with and without a lifejacket. Swimmers will learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back

Swimmer 2 -30 minute classes, 7 classes, 1 instructor for 6 swimmers

Swimmers will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 meters on their front and back, and be introduced to flutter kick interval training (4 x 5 meters).

Swimmer 3 -30 minute classes, 7 classes, 1 instructor for 6 swimmers

Swimmers will dive and do in water front somersaults and handstands. They'll work on 15 meter front crawl, back crawl, and 10 meter whip kick. Flutter kick interval training increases to 4x15 meters

Swimmer 4 – 30 minute classes, 7 classes, 1 instructor for 6 swimmers

Swimmers will swim 5 meters underwater and lengths of front crawl, back crawl, whip kick and breaststroke arms with breathing. They will complete the Canadian Swim to Survive Standard. Complete front crawl sprints over 25 meters and 4x25 meters front or back crawl intervals.

Swimmer 5 - 45 minute classes, 1 instructor for 8 swimmers

Swimmers will master shallow dives, cannonball, eggbeater kicks, and in water backward somersaults. Refine their front and back crawl over 50 meters of each, breaststroke over 25 meters. 25 meter sprints and two interval training; 4x50 meters front or back crawl and 4 x 15meters breaststroke.

Swimmer 6 - 45 minute classes, 1 instructor for 8 swimmers

Swimmers will learn skills such as stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head up breaststroke sprints over 25 meters. They'll swim lengths of front crawl, back crawl, breaststroke as well as 300 meter workouts.

Swimmer 7 (Rookie Patrol) – 45 minute classes, 1 instructor for 10 swimmers

Continue to work on stroke development with 50 meter of front crawl, back crawl and breaststroke. Skills include 25 meter obstacle swim and 15 meter object carry. First Aid focuses on assessment of conscious

victims, contacting EMS and treatment of bleeding. 350 meter workouts and 100 meter timed swims.

Swimmer 8 (Ranger Patrol) - 45 minute classes, 1 instructor for 10 swimmers

Swimmers will improve on strokes with 75 meter swims of front crawl, back crawl and breaststroke. Swimmers will perform 100 meter medley, timed 200 meter swims, 5 lbs object support and rescue with a buoyant aid. First Aid focus on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures.

Swimmer 9 (Star Patrol) - 45 minute classes, 1 instructor for 10 swimmers

Swimmers are challenged with 600 meter workouts, 300 meter timed swims and a 25 meter object carry. Strokes are refined over 100 meter swims. First Aid focuses on treatment of bone / joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include; defence methods, victim removals and rolling over and supporting a victim face up in shallow water.

Private / Semi Private Swim Lessons -30 minute classes, 7 classes

Recommended for swimmers who require attention or to work on a specific skill / stroke. We encourage you to register early as spaces are limited.

Bronze Star – 90 minute classes, 7 classes, Ages 10- 15

Swimmers develop problem solving and decision making skills as and individual and as a partner. 400 meter in 12 minutes or less using any stroke. Single rescue CPR.

Bronze Medallion with Emergency First Aid – 3.5 hours, 7 classes, Age 13 yrs and up

First mandatory course to becoming a certified lifeguard. Rescuers learn tows and carries and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims. Must have Bronze star.

Bronze Cross with Standard First Aid – 3.5 hours, 7 classes, Age 13 yrs and up

Bronze cross is a prerequisite for all advanced training programs (NLS & SI & LSI). 600 meter swim in 18 minutes or less using any stroke.

Lifesaving Society	Red Cross
Swimmer 1	Swim Kids 1
Swimmer 2	Swim Kids 2
Swimmer 3	Swim Kids 3
Swimmer 4	Swim Kids 4 & 5
Swimmer 5	Swim Kids 6
Swimmer 6	Swim Kids 7
Swimmer 7 (Rookie)	Swim Kids 8
Swimmer 8 (Ranger)	Swim Kids 9
Swimmer 9 (Star)	Swim Kids 10
Bronze star	
Bronze Medallion	
Bronze Cross	