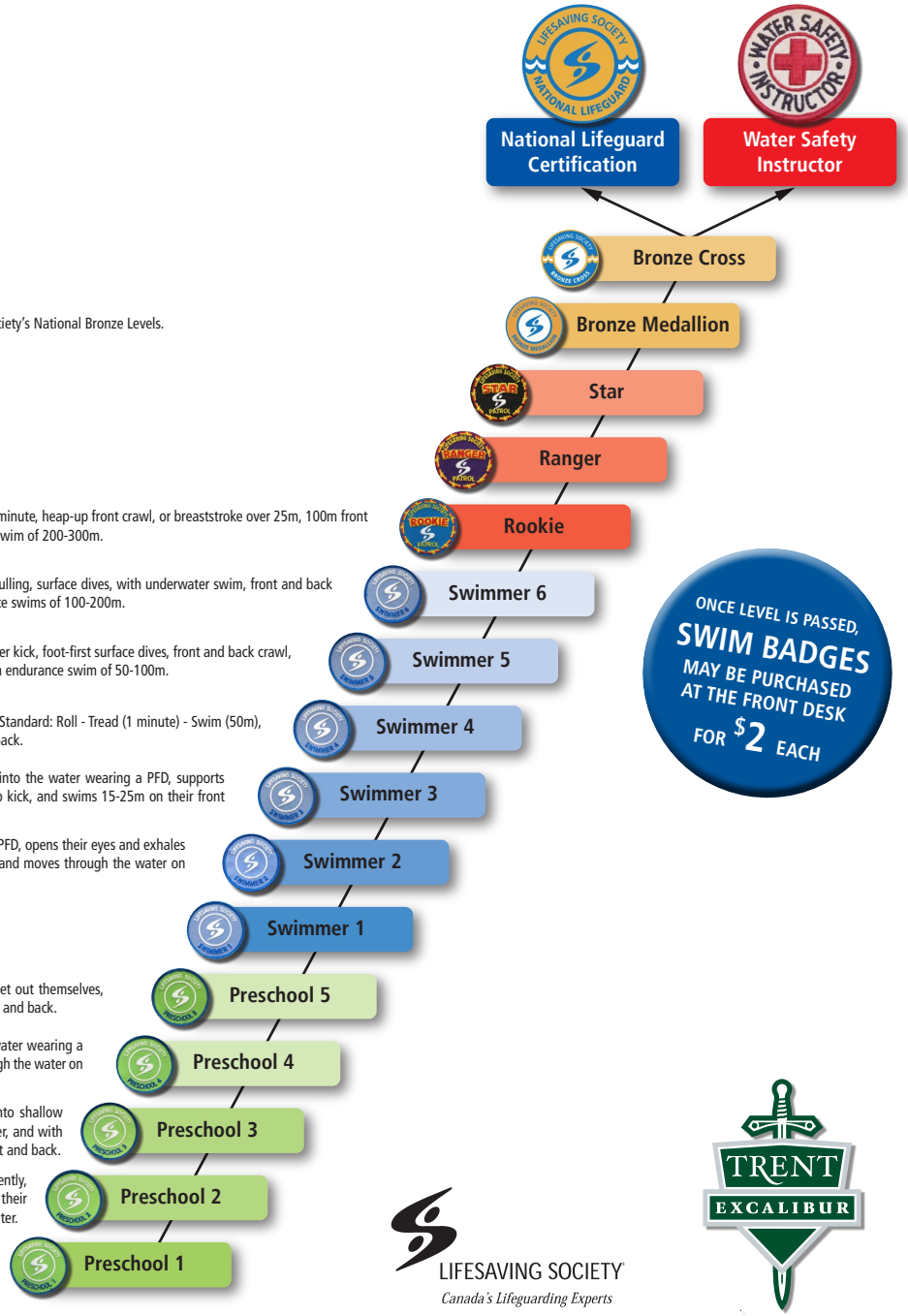
# LEARN TO SWIM PATHWAY




Child has completed **Star** and is ready for Lifesaving Society's National Bronze Levels.

Child has completed **Ranger**.

Child has completed **Rookie**.

Child is able to do compact jumps, eggbeater kick for 1 minute, heap-up front crawl, or breaststroke over 25m, 100m front crawl, back crawl, and breaststroke, and an endurance swim of 200-300m.

Child can do shallow dives, eggbeater kick, foot-first skulling, surface dives, with underwater swim, front and back crawl, breaststroke over 50m, 25m sprints and endurance swims of 100-200m.

Child will do dives and stride entries, can do an eggbeater kick, foot-first surface dives, front and back crawl, whip kick, and breaststroke arms with breathing, and an endurance swim of 50-100m.

Child is able to complete the Canadian Swim to Survive Standard: Roll - Tread (1 minute) - Swim (50m), handstands and kneeling dives, and whip kick on their back.

Child is able to jump into deeper water, fall sideways into the water wearing a PFD, supports themselves at the surface without an aid, perform whip kick, and swims 15-25m on their front and back.

Child is able to jump into the water with and without a PFD, opens their eyes and exhales underwater, obtains objects off the bottom, and floats and moves through the water on their fronts and backs.

**Child is 5 - 12 years old** and is just starting out.
or advancing from **Preschool 3**

Child is able to do solo jumps into deeper water and get out themselves, surface support by themselves and swims 3-5m on front and back.

Child is able to jump into chest deep water and deep water wearing a PFD, recovers objects from the bottom, and moves through the water on their front and back wearing a PFD.

Child is able to get in and out on their own, jumps into shallow water on their own, submerges and exhales under water, and with a bouyant aid will move through the water on their front and back.

Child is able to get in and out of the pool independently, jumps into shallow water, will float and glide in a PFD on their front and back, blows bubbles and opens eyes under water.

**Child is 3 - 5 years old** and is just starting out on their own.