

## Swimmer 1 - 6

Age	Level	
<b>6 - 10 years</b>	<b>Swimmer 1</b>	These beginners will become comfortable jumping into water with and without a Personal Flotation Device. They'll 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.
	<b>Swimmer 2 B</b>	This is a deep water class. Participants will jump into deep water, enter sideways wearing PFD, front and back float (10 sec), surface support (20 sec) , recover an object in chest deep water, submerge and hold their breath (10 sec), kick with an aid on their front, back (10m), vertical whip kick (10 sec) and complete front and back crawl (15m).
	<b>Swimmer 3</b>	Swimmers will complete the Canadian Swim to Survive® Standard. They'll work on 10-15m of front crawl, back crawl and whip kick and flutter kick interval training up to 4 x 25 m.
	<b>Swimmer 4</b>	These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training.
	<b>Swimmer 5</b>	Swimmers will refine their front and back crawl over 50 m swims of each, and breaststroke over 15-25 m. Then they'll pick up the pace in 25 m sprints and two interval training bouts: 4 x 50 m front or back crawl; and 4 x 10-15 m breaststroke.
	<b>Swimmer 6</b>	These advanced swimmers will rise to the challenge of sophisticated aquatic skills including 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 m. They'll easily swim lengths of front crawl, back crawl and breaststroke, and they will complete a 300 m workout.