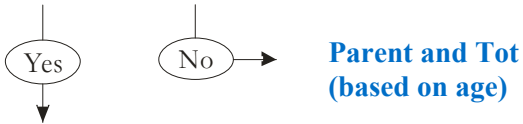


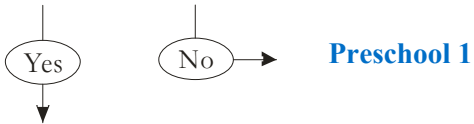
Skills Screening: What can you do in the Water?

4 months – 5 years

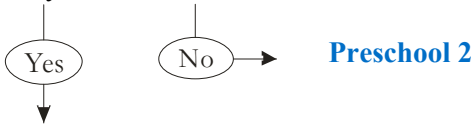
Are you 3 -5 years of age?



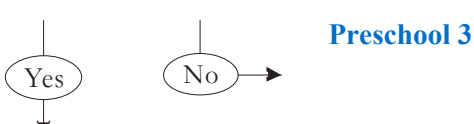
Can you get your face wet and float on your back with assistance?



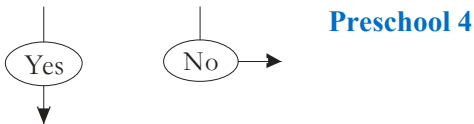
Can you flutter kick on your back with a buoyant aid?



Can you kick on your front and back?



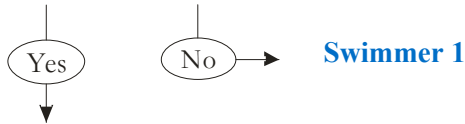
Are you comfortable on deeper water and swim front crawl 3 metres?



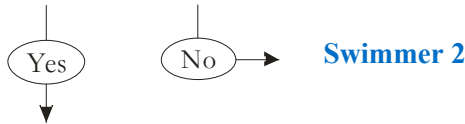
Preschool 5

5 – 13 years

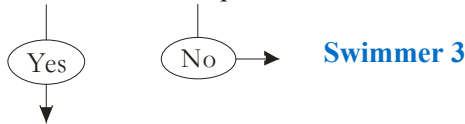
Can you get your face wet, float on your front and back, and flutter kick?



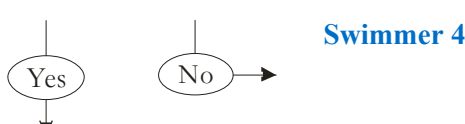
Can you swim front crawl and back crawl for 10 metres?



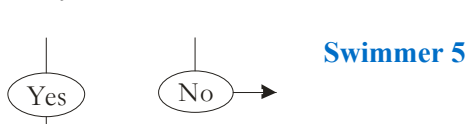
Can you swim front crawl and back crawl for 15 metres and whip kick for 10 metres?



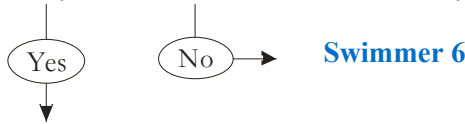
Can you swim Front and back crawl 25 metres?



Can you swim breaststroke for 15 metres?



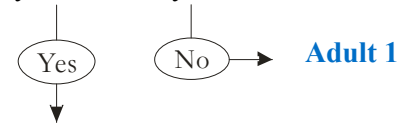
Can you swim 300 metres continuously?



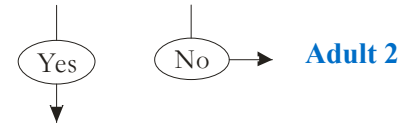
Rookie Patrol

14 years - Adults

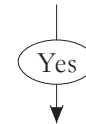
Are you comfortable in the water and can swim on your front or your back 10 metres?



Can you whip kick, front crawl or back crawl 25 metres?



Are you interested in improving your strokes and swim skills and want to swim farther?



Adult 3

OR: Are you a good swimmer who wants to learn for fitness?



Fitness Swimmer

Can't find what you're looking for? Try these Lifesaving Society programs:

Skin Diving / Junior Lifeguard Club / Bronze Medals / Lifesaving First Aid And More!

Visit the Lifesaving Society website for a full menu of our programs and services!
www.lifesaving.org