



RED CROSS TO LIFESAVING SOCIETY SWIM TRANSITION GUIDE FOR PORTAGE POOL

This guide contains information regarding the Red Cross to Lifesaving swim transition, description of new lesson levels, conversion charts and the winter lesson schedule.



Lac La Biche County
welcoming by nature.



Winter 2023 Aquatics Program

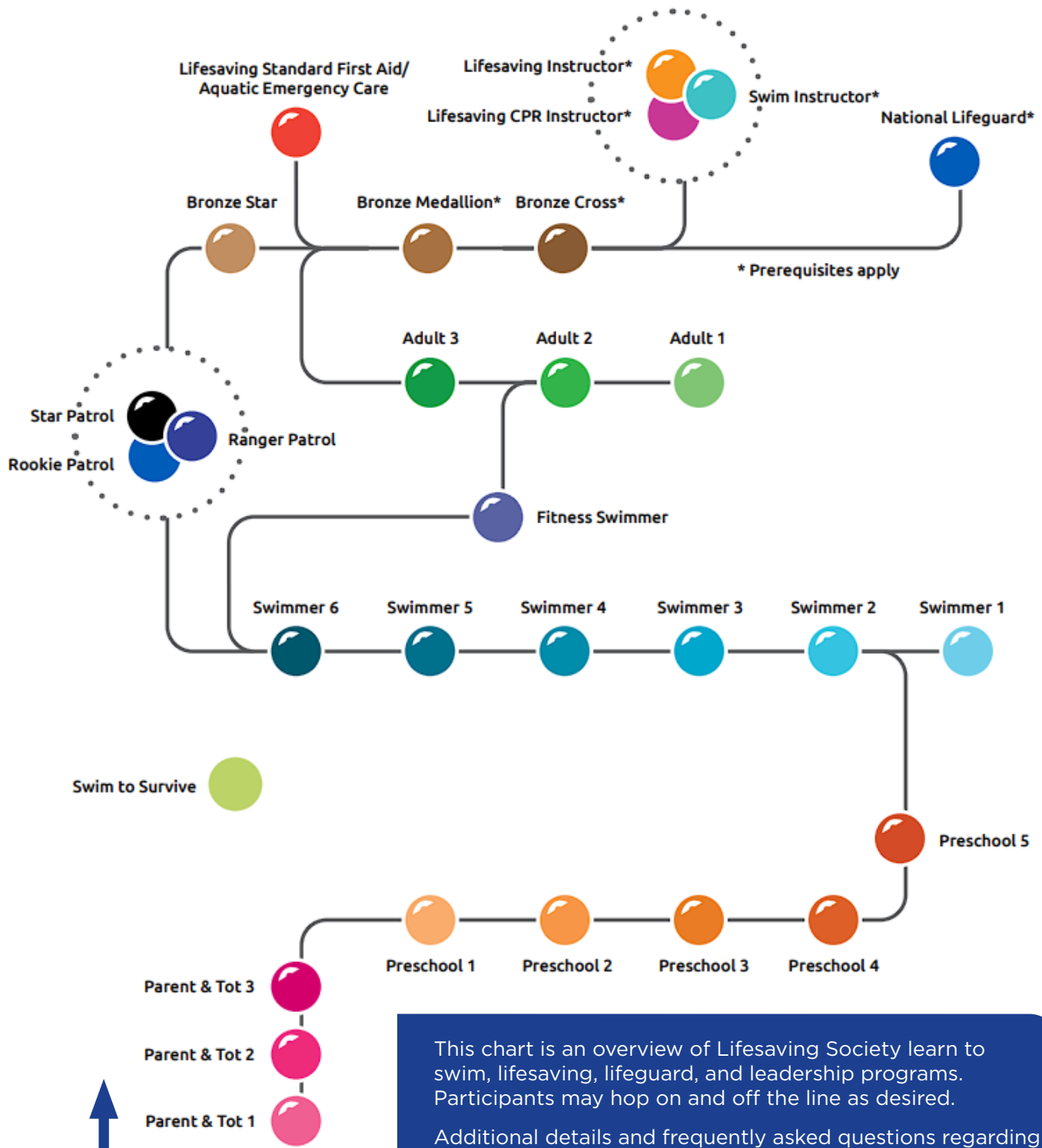
Canadian Red Cross to Lifesaving Society Swim Lesson Transition.

In January 2022 the Canadian Red Cross announced that they would be discontinuing their Learn-to-Swim and Lifeguarding programs effective December 31, 2022. In light of this change Portage Pool, along with many other municipalities and aquatic facilities nation wide, will be transitioning to the Lifesaving Society's Swim for Life program effective January 2023. While the Red Cross Learn-to-Swim program and the Lifesaving Society's programs differ, the Swim for Life program will allow the County to continue to offer quality swim instruction to participants looking to gain confidence in the water, learn to swim, or continue to improve their ability and fitness, all with a focus on safety and lifesaving, which are of particular importance in our beautiful, lake-filled County.

The Lifesaving Society is a full-service provider of water safety, learn-to-swim, and aquatic leadership programs. The Life Saving Society provides programs and training to approximately 1.2 million Canadians annually and are well recognized in lifeguard training. Lac La Biche County's Aquatic Services department is excited to be able to continue to deliver swimming and water safety programs to our community.

If you have any questions or concerns regarding this transition or your child's registration, please contact Portage Pool at 780-623-6777 or email poolstaff@laclabichedcounty.com

Program Continuum



This chart is an overview of Lifesaving Society learn to swim, lifesaving, lifeguard, and leadership programs. Participants may hop on and off the line as desired.

Additional details and frequently asked questions regarding the swim program transitions can be found at:
lifesaving.org/courses-and-programs/red-cross-swim-transition/swim-transition-faq

Graph Starts Here.

Conversion Chart

Swim Presschool (Red Cross) → **Parent & Tot/Preschool** (Lifesaving Society)

Starfish

Parent & Tot 1

Duck

Parent & Tot 2

Sea Turtle

Parent & Tot 3

Sea Otter

Preschool 1

Salamander

Preschool 2

Sunfish

Preschool 3

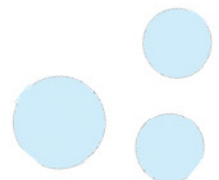
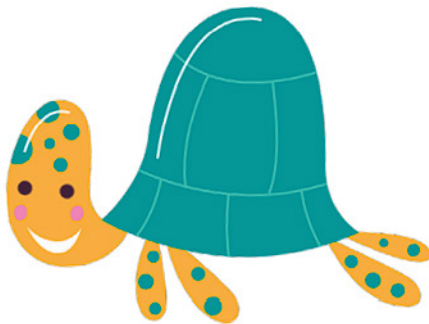
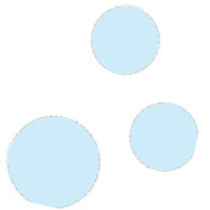
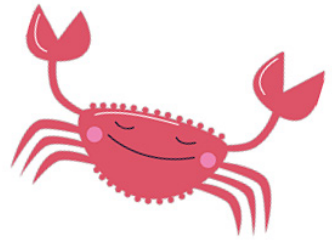
Crocodile

Preschool 4

Whale

Preschool 5

Swimmer 1 or 2
(at 6 years old)



Conversion Chart

Swim Kids
(Red Cross)



**Swimmer/
Canadian Swim Patrol**
(Lifesaving Society)

Swim Kids 1	Swimmer 1
Swim Kids 2	Swimmer 2
Swim Kids 3	Swimmer 3
Swim Kids 4	Swimmer 3
Swim Kids 5	Swimmer 4
Swim Kids 6	Swimmer 5
Swim Kids 7	Swimmer 6
Swim Kids 8	Canadian Swim Patrol
Swim Kids 9	
Swim Kids 10	Bronze Star*

***Next Step: Register in Bronze Medallion.**

If uncertain what level to register your child in,
please contact Portage Pool at 780-623-6777, or email
poolstaff@laclabichecounty.com.

Introduction to the Lifesaving Society's Swim for Life program and Canadian Swim Patrol Program

The Swim for Life® Program is a comprehensive swim instruction program that focuses on the acquisition and development of fundamental swim strokes and skills for learners of all ages and abilities. Learning Swim to Survive® skills and achieving the Lifesaving Society's Swim to Survive® Standard are key foundations of the Swim for Life® Program. Swim for Life® is accessible, flexible, success-oriented, and fun. Instructors ensure swimmers get lots of in-water practice in every lesson. Swim for Life® flows seamlessly into the Canadian Swim Patrol program and then into the Society's lifesaving and vocational training awards, providing a complete, coherent, single-source program of integrated swimming and lifesaving instruction.

Lifesaving Society's Parent and Tot and Preschool descriptions.

Parent Tot 1 *Ages 4-11 months*

Little swimmers are introduced to feet first entry and becoming comfortable with getting water in their face. Parents will hold their babies on their fronts and backs in a relaxed manner. Back floats and front floats will be practiced while wearing a lifejacket throughout the session. Kicking, splashing, and having fun in the water is the focus of Parent and Tot 1.

Parent Tot 2 *Ages 12-23 months*

Little swimmers will practice foot-first entry and safe movement during assisted entry and exits in the water. Babies will learn how to blow their bubbles, get their face wet and attempt submersion. Parents will learn how to select the proper sized Lifejackets for their babies and will practice safe entries while wearing a lifejacket. Babies will continue to practice front and back floats, as well as kicking on their front and back. Water Smart messages will include staying within arm's reach and the importance of wearing a lifejacket.

Parent Tot 3 *Ages 24-35 months*

Little swimmers will advance to entering and exiting the water independently. With parental assistance they will continue to practice submersion upon entry. Little swimmers will attempt to open their eyes underwater and try to retrieve a submerged object (assisted). Participants will continue to practice their "starfish" floats on the front and "pencil" floats on the back. Kicking in a streamlined body position will also be introduced in this level.

Preschool 1 *Ages 3-5 years old*

In Preschool 1, Swimmers will jump into chest-deep water feet first (assisted). They will also be taught how to recover their balance following the entry. They will fully submerge their faces and blow bubbles with controlled exhalation underwater. Participants will float on their front and back in a relaxed manner (with assistance) and streamline glide on their front and back for 3m (assisted). Water Smart Messages include reinforcement of staying within arms-reach and staying away from the water unless they are with an adult.

Preschool 2 *Ages 3-5 years old*

In Preschool 2, swimmers advance to entries and exits without assistance. Swimmers will submerge their entire body and use controlled exhalation. Front float and back float will be done for 3 seconds while wearing a lifejacket or using a buoyant aid. They will also practice a 3m glide in a streamlined position. Flutter kick on back, 5m, while holding a buoyant aid is performed. Water Smart Messages include reinforcing staying within arms-reach and staying away from the water unless they are with an adult.

Preschool 3 *Ages 3-5 years old*

In Preschool 3, participants will develop even more independence in the water. They will don their own lifejacket and enter the water both feet first and sideways. Swimmers will submerge completely with controlled exhalation and recover an object from the bottom of waist deep water. Floats, glides, and flutter kicks will continue to progress. Water Smart Messages about staying within arms-reach will be emphasized.

Preschool 4 *Ages 3-5 years old*

In Preschool 4, swimmers will jump into deep water feet first, practice treading water, and try to open their eyes under the water. Swim to Survive skills continue to advance along with glides, flutter kick on front and back as well as front crawl wearing a lifejacket. Water Smart Messages include staying away from the water unless you are with an adult and how to properly wear a lifejacket while boating.

Preschool 5 *Ages 3-5 years old*

In Preschool 5, swimmers will continue to advance their skills in entries and exits and learn how to tread water without a lifejacket. Complete submersion and object recovery progress along with Swim to Survive skills, and completion of distance and time requirement will be emphasized. Swimmer skills will include whip kick, 5m, of front crawl and 5m of back crawl. Interval training begins in Preschool 5 with flutter kick sets. Water Smart Education focuses on boating education.



Lifesaving Society Swimmer and Swim Patrol descriptions

Swimmer 1 *Ages 6-12 years old*

In Swimmer 1, participants will learn how to enter and exit the water safely. They will become comfortable jumping into chest deep water and then deep water in a lifejacket. Swimmers will practice submersion and exhalation along with floats, rolls, glides on front and back as well as flutter kick on front and back. Water Smart education will be focused on the importance of swimming with a buddy and wearing a lifejacket.

Swimmer 2 *Ages 6-12 years old*

In Swimmer 2, participants will learn safe entries and exits in deep water. They will work on surface support and underwater object retrieval. Swimming skills will include items such as flutter kick, whip kick, front crawl, and back crawl. Endurance will be emphasized, utilizing interval training. Water Smart Education will be focused on ice safety along with Swim to Survive.

Swimmer 3 *Ages 6-12 years old*

In Swimmer 3, participants will learn kneeling dives and rolls into deep water. They will become proficient at treading water for at least 30 seconds and have some fun with submerged activities such as somersaults and handstands. Distances will be increased from Swimmer 2 for flutter kicks, and whip kicks along with Front Crawl and Back Crawl. Water Smart Education will be focused on swimming with a buddy, wearing a lifejacket and Swim to Survive.

Swimmer 4 *Ages 6-12 years old*

In Swimmer 4, participants will be introduced to standing dives into deep water, whip kick and breaststroke. They will continue to increase their endurance through treading water, interval training, and sprints. Water Smart Education will focus on what to do if they fall into deep water and the importance of wearing a lifejacket when boating.

Swimmer 5 *Ages 6-12 years old*

In Swimmer 5, participants will learn how to shallow dive into deep water and have fun with tuck jumps. They will continue to develop their treading water skills with stationary eggbeater. Swim to Survive will challenge them with a roll into deep water, 90 second tread and a 75m swim. Distances increase to 50m in Swimmer 5 and fitness is emphasized with interval training and sprints.

Swimmer 6 *Ages 6-12 years old*

In Swimmer 6, participants will learn two new entries into deep water, stride entry and compact jump. They will continue to develop their underwater skills with handstands and somersaults. Endurance will be increased as they tread water and swim 25m, along with sprint breaststroke and interval training and a 300m distance swim. Scissor kick is a new item in Swimmer 6. Distances will double for most strokes.

Canadian Swim Patrol

Rookie Patrol *Ages 10 years old and older*

In Rookie Patrol, Swimmers will continue to challenge themselves with increased distances and some new items such as obstacle swim, object carry and a timed 100m swim. First Aid items are introduced such as assessing a conscious victim and how to care for external bleeding. Participants will learn how to recognize the difference between a weak swimmer and a non-swimmer and how to throw an aid to a target

Ranger Patrol *Ages 10 years old and older*

In Ranger Patrol, Water Proficiency includes items such as completing 25m of eggbeater kick on back, head-up swim into a surface dive and swim 2m underwater to recover a submerged object. Front crawl, back crawl and breaststroke distances are increased along with the 200m timed distance swim. Participants will learn about caring for a victim that is in shock and how to treat an obstructed airway. Recognition and rescue items will include non-swimmer recognition and non-contact rescues with a buoyant aid and follow up care of the patient.

Star Patrol *Ages 10 years old and older*

Star Patrol is the last level before advancement to the Bronze Courses. Swimmers will push themselves with a 300m timed swim in 9 min or less. Distances increase to 100m for front crawl, back crawl, and breaststroke. Fitness training is emphasized with a 600m workout and a 25m object carry. Participants will learn how to care for a bone or joint injury and an allergic reaction. They will also locate and rescue a submerged person and tow them 20m with a rescue aid.



Portage Pool Winter 2023 Lesson Schedule

TIME	Monday & Wednesday 4 weeks: January 23 - February 15		
4:00	Private Lesson	Swimmer 1	Swimmer 2
4:15			
4:30	Private Lesson	Parent & Tot 3	Swimmer 3
4:45			
5:00	Private Lesson	Swimmer 5/6 (5-5:45 pm)	Preschool 2
5:15			
5:30	Private Lesson		Swimmer 3/4 (5:30-6:15 pm)
5:45			
6:00	Private Lesson	Swimmer 1/2	
6:15			
6:30			

TIME	Tuesday 10 weeks: January 24 - March 28		
4:00	Private Lesson	Private Lesson	Preschool 1
4:15			
4:30	Private Lesson	Private Lesson	Preschool 2
4:45			
5:00	Private Lesson	Private Lesson	Swimmer 2
5:15			
5:30	Private Lesson	Private Lesson	Swimmer 1
5:45			
6:00	Private Lesson	Private Lesson	Swimmer 3
6:15			
6:30			

TIME	Monday & Wednesday 5 weeks: February 22 - March 27		
4:00	Private Lesson	Swimmer 1	Parent & Tot 1/2
4:15			
4:30	Private Lesson	Parent & Tot 3	Swimmer 3
4:45			
5:00	Private Lesson	Canadian Swim Patrol	Preschool 1
5:15			
5:30	Private Lesson		Swimmer 2
5:45			
6:00	Private Lesson	Preschool 4/5	Preschool 2
6:15			
6:30			

TIME	Thursday 10 weeks: January 26 - March 30		
4:00	Preschool 3	Private Lesson	Swimmer 1
4:15			
4:30	Swimmer 5/6 (4:30-5:15 pm)	Private Lesson	Swimmer 2
4:45			
5:00	Swimmer 3/4 (5:15-6:00 pm)	Private Lesson	Preschool 1
5:15			
5:30		Private Lesson	Swimmer 3
5:45			
6:00			

TIME	Tuesday AM	
	10 weeks: January 24 - March 28	
9:00	Parent & Tot 1/2	Parent & Tot 3
9:15		
9:30	Preschool 1	Preschool 2
9:45		
10:00	Preschool 3	Parent & Tot 3
10:15		
10:30	Preschool 1	Preschool 4
10:45		
11:00		

Lesson Registration fees

Preschool, Swimmer 1-3
(30min classes)
\$64-\$80
8-10-week session

Swimmer 4-6
(45min classes) \$84-\$105
8-10-week session

Canadian Swim patrol
(1hr classes) \$96-\$120
8-10-week session

Private Lesson
8-10 week session

One individual
(30min class)
\$130

Semi-Private
(2 or more individuals)
\$90/participant

Lesson registration fees have increased due to the increased cost of program materials, affiliate, and certification costs.

To register online please go to boldcenter.ca/activellbc, in-person at Portage Pool, or the Bold Center, or over the phone (780) 623-6777



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