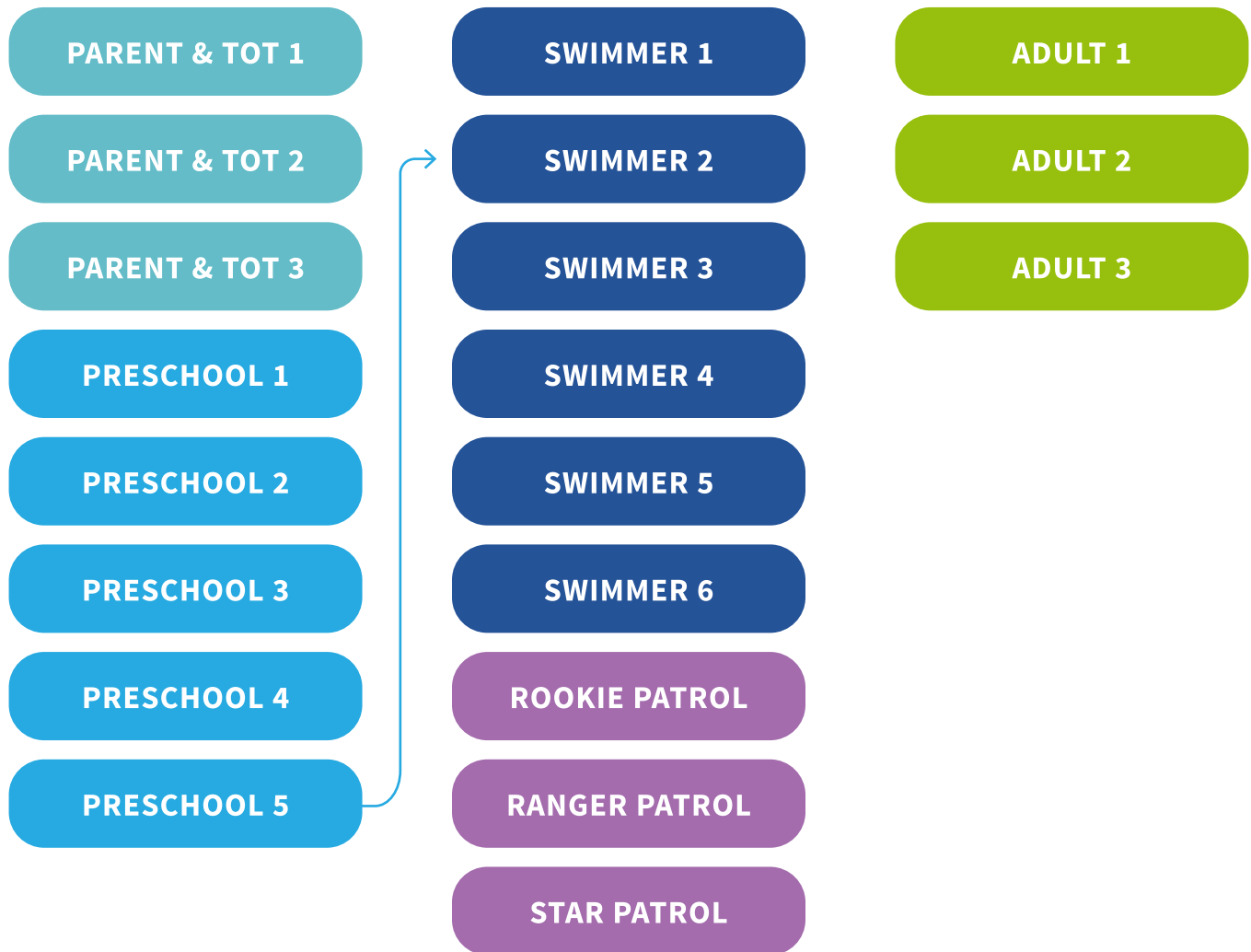


Swim For Life Flow Chart

The Lifesaving Society has a proven and reputable swim lesson program! The Swim for Life® program has been teaching Canadians to swim for 20 years. Built on the principles of success, fun, and healthy active living, the program is creating competent and safe swimmers.



PARENT & TOT 1, 2, 3 for parents and children 4 months – 3 years
PRESCHOOL 1, 2, 3, 4, 5 for children 3 – 5 years
SWIMMER 1, 2, 3, 4, 5, 6 for children 6 – 15 years
ROOKIE, RANGER, STAR for children 12 – 15 years
ADULT SWIMMER 1, 2, 3 for people 16 years+