

CITY OF   
**Camrose**  
*Mayer Aquatic Centre*



***Dear Parents and Participants,***

We are excited to announce our transition from Red Cross “Swim Kids” to the Lifesaving Society’s “Swim for Life” learn to swim and lifesaving programs.

***The Swim For Life program is a nationally recognized swim program and comes highly recommended.***

The Lifesaving Society has worked with Canadians to prevent drowning and water-related injuries for over 100 years and is not new to our facility. While you may not have heard of their swim program before we have offered many of their lifesaving and lifeguarding programs since this facility first opened.

***The Swim For Life program is a Canadian swimming success story! It has been around for 20 years and was created as a result of extensive research and testing with real learners.***

Swim for Life offers swimming skills and education for people of all ages and capabilities. It follows the principles of physical literacy and aligns with the Canadian Sport For Life framework.

The Swim for Life program has many entry points. Swimmers can start in Parent & Tot, Preschool, Swimmer, Adult Swimmer, Fitness Swimmer, or Canadian Swim Patrol based on their age and level of water competency.

There are 3 levels of Parent & Tot classes and 5 levels in the Preschool program.

‘Swimmer’ includes 6 levels of learn-to-swim instruction. As swimmers progress, they develop effective swimming strokes. Adult Swimmer features 3 levels to help individuals achieve their swimming goals.

Swimmer flows naturally into the Canadian Swim Patrol levels: Rookie Patrol, Ranger Patrol and Star Patrol. These levels are designed to keep youth interested in swimming by challenging them with skills and lifesaving, as well as providing basic first-aid training.

Following Swimmer and Canadian Swim Patrol, good swimmers are ready to take on the next challenges found in the Bronze Medal programs. These programs prepare students to self rescue and rescue others while flowing into the Lifesaving Society’s vocational training programs for Swim and Lifesaving Instructors and National Lifeguards.

***As we transition to the Swim for Life program, we have tools available to provide recommendations for the appropriate level to register in.***

We have options available to pre-screen swimmer abilities to ensure students enrol in the correct level.

***Get started! For next steps on registering and enrolling in Swim for Life, visit our website or contact us!***

*All the best,*

Life Saving Society and Our Partners in Swimming