SWIM FOR LIFE

The Lifesaving Society's SWIM FOR LIFE program teaches children, teens and adults the swimming skills they need to safely have fun in water while inspiring them to be active every day.

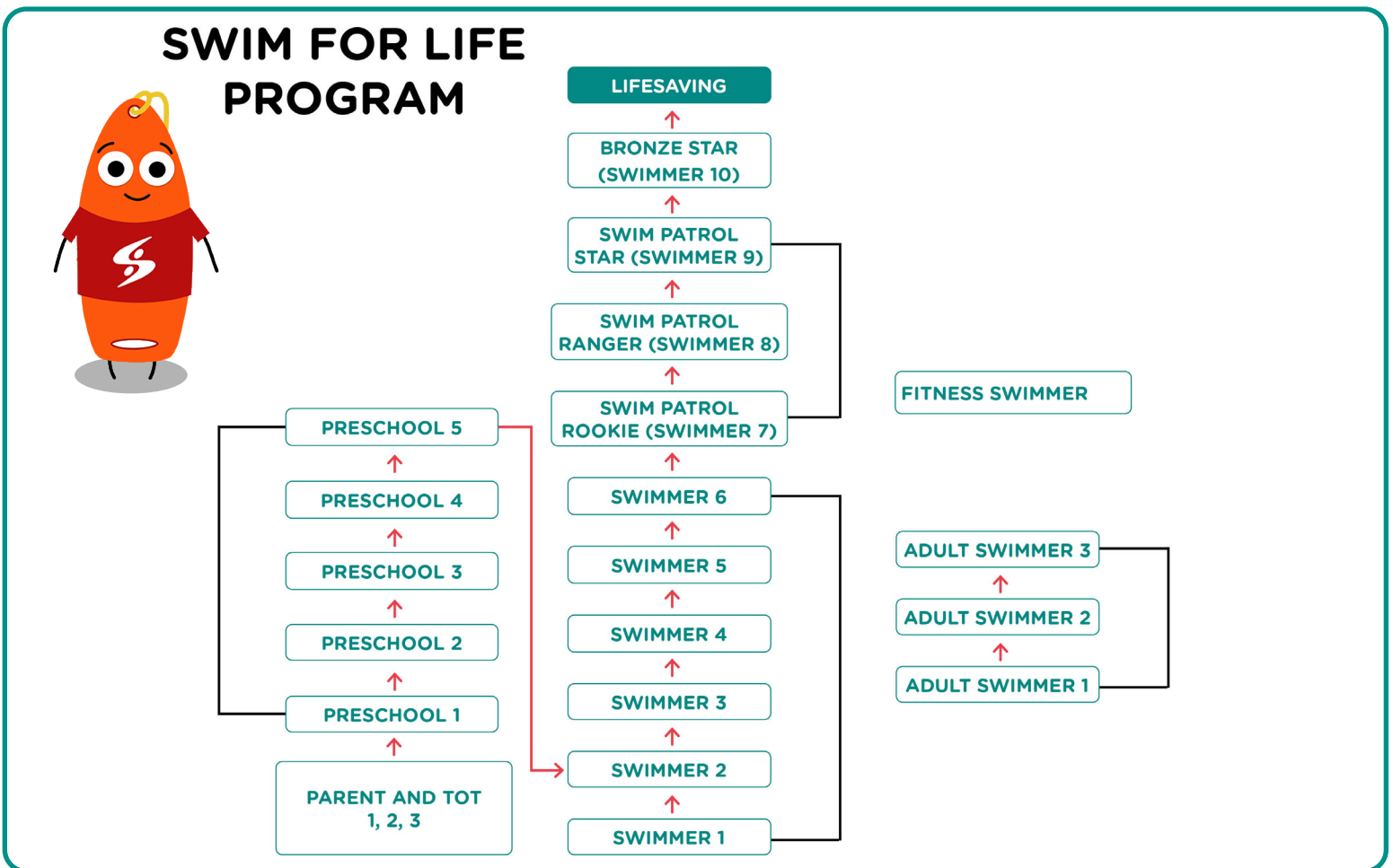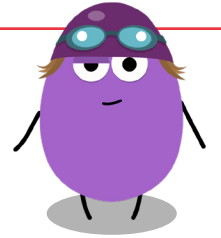The program consists of 5 fun and engaging MODULES that allow for a smooth transition to lifesaving training:

PARENT AND TOT 1-3
(4 MONTHS TO 3 YEARS OLD)

SWIMMER 1-6
(5 to 12 years old) leading to Junior Lifeguard levels

ADULT 1-3
(16 and older)

PRESCHOOL 1-5
(3 to 5 years old)

FITNESS

SWIM FOR LIFE PROGRAM

LIFESAVING
↑
BRONZE STAR (SWIMMER 10)
↑
SWIM PATROL STAR (SWIMMER 9)
↑
SWIM PATROL RANGER (SWIMMER 8)
↑
SWIM PATROL ROOKIE (SWIMMER 7)

FITNESS SWIMMER

PRESCHOOL 5
↑
PRESCHOOL 4
↑
PRESCHOOL 3
↑
PRESCHOOL 2
↑
PRESCHOOL 1
↑
PARENT AND TOT 1, 2, 3

SWIMMER 6
↑
SWIMMER 5
↑
SWIMMER 4
↑
SWIMMER 3
↑
SWIMMER 2
↑
SWIMMER 1

ADULT SWIMMER 3
↑
ADULT SWIMMER 2
↑
ADULT SWIMMER 1

Created in 2002, the program was rolled out in Quebec in 2022 following the withdrawal of the Red Cross as a swim course provider.

Today, SWIM FOR LIFE is a NATIONALLY RECOGNIZED PROGRAM that teaches the basics of swimming to hundreds of thousands of Canadians each year.

WHY CHOOSE SWIM FOR LIFE?

" *Learning basic swimming skills is a fundamental requirement in any meaningful attempt to eliminate drowning in Quebec*" - is the Lifesaving Society's official position.

The Lifesaving Society's SWIM FOR LIFE program is all about providing a swim program that is :

COST-EFFECTIVE

EASY TO TEACH

FUN

Taught by qualified instructors trained in child safety and supervision, our courses are structured and safe, and allow for progressive learning between each level.

Joining SWIM FOR LIFE , also means having the support of an experienced team, available and attentive to its members needs in implementing the program and developing activities using turnkey tools!

A PROGRAM TO HELP THE NEXT GENERATION OF LIFEGUARDS!

Wherever the SWIM FOR LIFE program is offered, we have seen a strong commitment from swimmers towards the program, all the way to the Canadian Lifesaving Program.

In fact, the implementation of the SWIM FOR LIFE program, which is a continuation of lifesaving training, significantly reduces the dropout rate of swimmers after Level 6 while giving them a taste of lifesaving skills.

For more information, visit sauvetage.qc.ca/en/swimming
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