

Lifesaving Society Swim to Survive

What is Swim to Survive?

“Swim to Survive is different than swimming lessons - and not a replacement for them. Swim to Survive teaches just the essentials needed to survive an unexpected fall into deep water.”

~ Lifesaving Society

Canadian Swim to Survive Standard:

The Society defines the minimum skills needed to survive an unexpected fall into deep water. These are expressed in a skill sequence in the Canadian Swim to Survive standard:

ROLL into deep water

TREAD water for one minute

SWIM 50 metres

Register online for this 3 class session at starting Feb. 27 at 8pm, johnrhodespool.ca.

Wednesdays March 20, 27 & April 3

6:00-6:45pm OR 6:45-7:30pm

Thursdays: March 21, 28 & April 4

6:00-6:45pm OR 6:45-7:30pm

Children must be 7 years or older to register. Cost is \$27.00.



An emergency can happen at anytime, be prepared and Swim to Survive!

For more information check out the Lifesaving Society at:
www.lifesavingsociety.com/swim-to-survive.aspx