

# Swim Evaluation Chart

## Lifesaving Society's: Swim For Life Lessons

It's important to note that Swim For Life swimming lessons are progression-based. Participants **MUST** successfully complete each level before advancing to the next. Due to the challenging nature of the Swim For Life program, it's **VERY** common for participants to repeat each level 2-4 times before moving forward.

### What is a Swim Evaluation?

- A Swim Evaluation helps determine the appropriate level for participants when their swimming skills are unknown. For safety and success in learning-to-swim, we strongly encourage parents and caregivers to consider a Swim Evaluation. This ensures that all participants are registered in the correct level where everyone can be both safe and successful.

### Who is Eligible?

- Participants aged 4 and older are eligible for a Swim Evaluation.

\*For children under 4, we strongly recommend starting with Preschool 1 to ensure all foundational skills are in place, regardless of previous experience.

### How to Schedule a Swim Evaluation?

- Public Swim Times: Our Public Swim times are the **ONLY** times in which we offer Swim Evaluations. Please visit the Vecova website ([www.vecova.ca](http://www.vecova.ca)) to view our upcoming Public Swim times. Simply click the "View Drop-in Schedule Here" link.
- Assessment Fee: A drop-in fee for Public Swim is required for each person in need of a swim evaluation. This fee can be paid upon arrival at Consumer Services. Please let the Consumer Services Assistant know of your swim evaluation request upon payment so our Lifeguard team is ready once you enter the pool area.
- Adult Presence: An adult **MUST** be present in the water during the swim evaluation to ensure the safety of the individual being assessed. The adult accompanying the individual undergoing evaluation will not be charged the drop-in fee. If the adult requires assistance in the water, we are happy to provide a Lifejacket or AquaBelt. However, the evaluation will primarily take place in the shallow end of the pool.
- Assessment Conductors: The swim evaluation will be conducted by either the Aquatics Assistant Manager, one of our Head Lifeguards, or the most experienced Swim Instructor available. All Aquatic Staff Members who conduct our swim evaluations are certified Lifeguard and Swim Instructors and have multiple years' experience teaching The Lifesaving Society's Swim For Life lessons.
- Assessment Outcome: After the evaluation is complete, the Vecova staff member will discuss the individual's skills with the supervising adult and recommend the most suitable level to register.