VECOVA™

*Still unsure about the right level? We offer Swim Evaluations!
Check out our Swim Evaluation Chart for more information.*

Level Progression Chart

Swim For Life: Rookie and Ranger Patrol

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.

Rookie Patrol

Rookie Patrol is designed for participants who are interested in learning beginner Lifesaving skills. Participants must have already mastered all skills from the 6 Swimmer level program to be successful. In this level, participants are expected to swim confidently and independently with NO assistance from the Swim Instructor.

Rookie Patrol Prerequisites:
- 8+ years of age
- Swim For Life Swimmer 6 (Complete)

Skill Prerequisites - participants must possess the following independent skills prior to registration:
- Shallow Dive into deep water.
- Tread water for 120 seconds.
- Perform proper eggbeater for 30 seconds.
- Perform proper Breaststroke for 25m.
- Perform proper front crawl and back crawl for 50m.
- Perform proper Head-up front crawl for 10m.

Ranger Patrol

Ranger Patrol is designed for participants who are interested in further advancing their Lifesaving skills. Participants must have already mastered all skills from the 6 Swimmer level program and Rookie Patrol. In this level, participants are expected to swim confidently and independently with NO assistance from the Swim Instructor.

Ranger Patrol Prerequisites:
- 8+ years of age
- Swim For Life Swimmer 6 (Complete)
- Swim For Life Rookie Patrol (Complete)

Skill Prerequisites - participants must possess the following independent skills prior to registration:
- Scull in "Ready Position" for 30 seconds.
- Carry a 2.3kg Object for 15m
- Inflate clothing to use as a buoyant aide.
- 350m fitness training workout.
- 100m swim in 3min or less.
- Assess a conscious victim.
- Care for external bleeding.
- Victim simulation and recognition.