



# SWIM AND SURVIVAL SKILLS EASY AS 1-2-3



**ROLL INTO DEEP WATER**  
**TREAD 1 MINUTE**  
**SWIM 50 METRES**

**All Canadians deserve the chance to  
learn basic swim and survival skills**

Swim to Survive® teaches people the necessary skills to survive an unexpected fall into the water. Meeting the Canadian Swim to Survive Standard is an important first step to being safe around water.

Swim to Survive® is as easy as 1-2-3. Anybody can learn and anyone from a school, community organization or aquatic facility can teach the program. The program can be delivered at a community waterfront or pool.

Contact the Lifesaving Society or your local swimming pool to find a Swim to Survive® program near you.



LIFESAVING SOCIETY®  
*The Lifeguarding Experts*

13123 – 156 Street  
Edmonton, Alberta  
Canada T5V 1V2

T: 780-415-1755  
F: 780-427-9334  
experts@lifesaving.org

[www.lifesaving.org](http://www.lifesaving.org)