



The best place to learn how to swim is in the water.



That's just one of the many reasons we're running the Lifesaving Society's Swim for Life Program. It stresses lots of in-water practice to develop solid swimming strokes and skills. And, it incorporates valuable Water Smart education that will last a lifetime.

Basic swimming ability is a fundamental requirement in any meaningful attempt to eliminate drowning in Canada. The Lifesaving Society helps prevent drowning and water-related injury through training programs that certify over 200,000 people yearly. We're Canada's lifeguarding experts.

