

## NCCP Swimming Pathway

CAC Context	Swimming Canada name	Swimmer Development Stage
Instruction Beginner	Swimming Teacher (Red Cross and I Can Swim)	Active Start Age: 0 – 6
Community Sport Initiation	Community Sport Coach	Fundamentals Ages: 6 – 9 males / 6 – 8 females
Competition Introduction	101/Fundamentals	Learn to Train Ages: 9 – 12 males / 8 – 11 females
Competition Introduction Advanced	201/Age Group Coach	Train to Train Ages: 12 – 16 males / 11 – 15 females
Competition Development	301/Senior Coach	Train to Compete Ages: 16+ males / 15+ females
Competition Development Advanced	Advanced Coaching Diploma (ACD)	Train to Compete Ages: 16+ males / 15+ females
Competition High Performance		Train to Win Ages: 19+ males / 18+ females