

<u>Parent & Tot</u> If your child is under 3 years of age and:	Has completed Red Cross Swim:	Then register in Lifesaving Society:
Has no previous lesson experience	N/A	Parent & Tot 1
Is 4 to 12 months old and ready to learn to enjoy the water with parent	Starfish	Parent & Tot 1
Is 12 to 24 months old and ready to learn to enjoy the water with parent	Duck	Parent & Tot 2
Is 2 to 3 years old and ready to learn to enjoy the water with a parent	Sea Turtle	Parent & Tot 3
<u>Preschool</u> If your child is 3-5 years old and:	Has completed Red Cross Swim:	Then register in Lifesaving Society:
Has no previous lesson experience	n/a	Pre-school1
Is just starting out on their own	Sea Otter	Pre-school 1
Can jump into chest-deep water assisted, float and glide on front and back assisted & blow bubbles and get face wet unassisted	Salamander	Preschool 2
Can jump into chest-deep water unassisted, submerge and exhale underwater 3 times & float on front and back wearing a PFD for 3 seconds	Sunfish	Preschool 3
Can jump into deep water wearing a PFD, hold breath underwater for 3 seconds, front and back floats for 5 seconds & Glide and kick on front and back for 5 metres (all skills performed unassisted)	Crocodile	Preschool 4
Can jump into deep water, side glide 3 metres, front float, roll to back float, and then swim 5 metres, flutter kick on front and on back 7 metres & front crawl wearing a PFD for 5 metres	Whale	Preschool 5

Swimmer

If your child is 6 years of age or older and:

Has Completed Red Cross Swim:

Then register in Lifesaving Society:

Has no previous lesson experience	n/a	Swimmer 1
Has some lesson experience	Swim Kids 1, Sea Otter, Salamander, or Sunfish	Swimmer 1
Can jump into chest-deep water unassisted and into deep-water wearing a PFD & open eyes, hold breath, exhale underwater & float, & kick and glide on front and back.	Swim Kids 2 or Crocodile	Swimmer 2
Can jump into deep water and do a sideways entry wearing a lifejacket, support self at the surface for 15 sec, do whip kick in vertical position, & swim 10 m on front and back.	Swim Kids 3 or Whale	Swimmer 3
Can tread water for 30 sec, do kneeling dives and front somersaults, 10 m whip kick on back, & swim 15 m front crawl and back crawl.	Swim Kids 4 or Swim Kids 5	Swimmer 4
Can complete the Swim to Survive Standard: roll – Tread (1 min.) – Swim (50 m), dive, swim underwater, 15 m whip kick on front, breaststroke arms with breathing, & swim front and back crawl 25 m.	Swim Kids 6	Swimmer 5
Can do shallow dives and cannonballs, eggbeater and scissor kick, swim 50 m front and back crawl, breaststroke for 25 m, & sprint 25 m.	Swim Kids 7	Swimmer 6
Can do stride entries and compact jumps, legs only surface support for 45 seconds, sprint 25 m breaststroke, swim 100 m of front crawl and back crawl & 300 m workout.	Swim Kids 8	Rookie Patrol
	Swim Kids 9	Ranger Patrol
	Swim Kids 10	Star Patrol