










Swim for Life Lesson Registration

Before you make your swim class selection, please check our registration guidelines below

If your child....	Register in Lifesaving Society:	Lifesaving Sticker/Badge:	Previously passed in Red Cross Swim:	Previously passed in YMCA:
Is 4 to 12 months old and ready to learn to enjoy the water with a parent or guardian...	Parent & Tot 1		Starfish	Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with a parent or guardian...	Parent & Tot 2		Duck	Bubblers
Is 2 to 3 years old and ready to learn to enjoy the water with a parent or guardian...	Parent & Tot 3		Sea Turtle	Bobbers
Is 3 to 5 years and just starting out on his or her own....	Preschool 1		Sea Otter	Bobbers
If 6 years+...	Swimmer 1			
Can get in and out and jump into chest-deep water assisted; float on front and back assisted for 3 sec; blow bubbles in water and get face wet...	Preschool 2		Salamander	Floaters
If 6 years+...	Swimmer 1			
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec....	Preschool 3		Sunfish	Gliders Divers
If 6 years+...	Swimmer 1			
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back...	Preschool 4		Crocodile	Surfers
If 6 years+...	Swimmer 1			
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side...	Preschool 5		Whale	Dippers
If 6 years+...	Swimmer 2			

If your child....	Register in Lifesaving Society:	Lifesaving Sticker/Badge:	Previously in Red Cross Swim:	Previously in YMCA:
Is 6 to 12 years and just starting out...	Swimmer 1		Swim Kids 1	Otter
Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...	Swimmer 2		Swim Kids 2	Seal
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; and swim 10 m on front and back...	Swimmer 3		Swim Kids 3	Dolphin Swimmer
Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl...	Swimmer 4		Swim Kids 4	Star 1
			Swim Kids 5	
Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m...	Swimmer 5		Swim Kids 6	Star 2
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m...	Swimmer 6		Swim Kids 7	Star 3
Can do stride entries and compact jumps; legs- only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout...	Swimmer 7 / Rookie Patrol		Swim Kids 8	Star 4
Preferred successful completion – Swimmer 7 / Rookie Patrol	Swimmer 8 / Ranger Patrol		Swim Kids 9	Star 5
Preferred successful completion – Swimmer 8 / Ranger Patrol	Swimmer 9 / Star Patrol		Swim Kids 10	Star 6
Preferred successful completion – Swimmer 9 / Star Patrol	Bronze Star		—	Master Swimmer