



Swim for Life Aquatic Registration

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

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

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|--|--|--------------------------------------|----------------------------|
| Is 5 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 Swim Kids 5 | Star 1 |
| 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 |