



## Swim for Life Aquatic Registration

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

| <b>If your child....</b>   | <b>Register in Lifesaving Society:</b> | <b>Previously in Red Cross Swim:</b> | <b>Previously in YMCA:</b> |
|--|--|--------------------------------------|----------------------------|
| 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...<br>If 5 years+...   | Preschool 1<br>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...<br>If 5 years+...                    | Preschool 2<br>Swimmer 1               | Salamander                           | Floater                    |
| Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec....<br>If 5 years+...                                     | Preschool 3<br>Swimmer 1               | Sunfish                              | Gliders<br>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...<br>If 5 years+... | Preschool 4<br>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...<br>If 5 years+...                           | Preschool 5<br>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<br>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 /<br>Rookie Patrol           | Swim Kids 8                          | Star 4                     |
| Preferred successful completion – Swimmer 7 /<br>Rookie Patrol   | Swimmer 8 /<br>Ranger Patrol           | Swim Kids 9                          | Star 5                     |
| Preferred successful completion – Swimmer 8 /<br>Ranger Patrol   | Swimmer 9 /<br>Star Patrol             | Swim Kids 10                         | Star 6                     |
| Preferred successful completion – Swimmer 9 /<br>Star Patrol   | Bronze Star                            |                                      | Master Swimmer             |