



# 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	Has completed Red Cross	Has completed YMCA
Is 4 to 12 months old and ready to learn to enjoy the water with parent	<b>Parent &amp; Tot 1</b>	Starfish	Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with parent	<b>Parent &amp; Tot 2</b>	Duck	Bubblers
Is 12 to 24 months old and ready to learn to enjoy the water with parent	<b>Parent &amp; Tot 3</b>	Sea Turtle	Bobbers
Is 3 to 5 years and able to go in and move around the water without a parent If 5 years+	<b>Preschool 1</b> <b>Swimmer 1</b>	Sea Otter	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+	<b>Preschool 2</b> <b>Swimmer 1</b>	Salamander	Floaters
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec If 5 years+	<b>Preschool 3</b> <b>Swimmer 1</b>	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+	<b>Preschool 4</b> <b>Swimmer 1</b>	Crocodile	Surfers
Can do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side If 5 years+	<b>Preschool 5</b> <b>Swimmer 2</b>	Whale	Dippers

**Please Note:**

Your child must be minimum required age on the first day for all lessons  
Preschool 1 is an unparented class, your child should be comfortable in the water





If your child...	Register in Lifesaving Society	Has completed Red Cross	Has completed YMCA
Is 5 to 12 years and just starting out	<b>Swimmer 1</b>	Swim Kids 1	Otter
Is 8-14 years and just starting out	<b>Youth Swimmer 1</b>	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	<b>Swimmer 2</b>	Swim Kids 2	Seal
Is 8-14 years 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	<b>Youth Swimmer 2</b>	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	<b>Swimmer 3</b>	Swim Kids 3	Dolphin Swimmer
Is 8-14 years 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	<b>Youth Swimmer 3</b>	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	<b>Swimmer 4</b>	Swim Kids 4 Swim Kids 5	Star 1
Is 8-14 years 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	<b>Youth Swimmer 4</b>	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	<b>Swimmer 5</b>	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	<b>Swimmer 6</b>	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	<b>Rookie Patrol</b>	Swim Kids 8	Star 4
Preferred successful completion – Rookie Patrol	<b>Ranger Patrol</b>	Swim Kids 9	Star 5
Preferred successful completion – Ranger Patrol	<b>Star Patrol</b>	Swim Kids 10	Star 6