



## SWIM FOR LIFE PROGRAM REGISTRATION

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

<b>If your child....</b>	<b>Register in Lifesaving Society</b>	<b>Previously in Red Cross Swim</b>
Is 4 to 12 months old and ready to learn to enjoy the water with a parent....	Parent & Tot 1	Starfish
Is 12 to 24 months old and ready to learn to enjoy the water with a parent....	Parent & Tot 2	Duck
Is 2 to 3 years old and ready to learn to enjoy the water with a parent....	Parent & Tot 3	Sea Turtle
Is 3 to 5 years old and just starting out on his or her own....	Pre-school 1 (formerly Pre-school A)	Sea Turtle
Can get in and out alone, jump into chest deep water assisted, float and glide in a PFD on front and back, blow bubbles and get face wet....	Pre-school 2 (formerly Pre-school B)	Salamander
Can get in and out alone, jump into chest deep water, submerge and exhale underwater, and float on front and back assisted for 3-5 seconds	Pre-school 3 (formerly Pre-school C)	Sunfish
Can jump into deep water wearing a PFD; recover objects from the bottom; hold their breath underwater; float and glide on front and back....	Pre-school 4 (formerly Pre-school D)	Crocodile
Can do solo jumps into deep water and get out by themselves; swim front crawl 3-5m and do flutter kick on their front, back and side....	Pre-school 5 (formerly Pre-school E)	Whale
Is 5 to 12 years old and just starting out....	Swimmer 1	Continuing Swim Kids 1
Can jump into the water with and without a PFD; open eyes, hold your breath, open your eyes and exhale underwater; float, kick and glide on your front and back...	Swimmer 2 Shallow Swimmer 2 Deep	Completed Swim Kids 1
Can jump into deeper water, roll sideways into water wearing a PFD; support self at the surface without an aid; do whip kick in the vertical position; and swim 10-15m on front and back....	Swimmer 3	Swim Kids 2/3
Can complete the Canadian Swim to Survive Standard: Roll - Tread (1 min) - Swim (50m); handstands and kneeling dives; and whip kick on their back....	Swimmer 4	Swim Kids 4/5
Can do dives; swim underwater, tread water for 2 minutes; 25m of front and back crawl; whip kick on your front; breaststroke arms with breathing; and interval training of 4 x 25m....	Swimmer 5	Swim Kids 6
Can do shallow dives and cannonballs; stationary eggbeater kick; 50m of front and back crawl; breaststroke of 15-25m; sprint 25m; interval training of 4 x 50m....	Swimmer 6	Swim Kids 7
Can do stride entries and compact jumps; eggbeater kick and scissor kick; sprint breaststroke over 25m; and a workout of 300m....	Star Patrol - Rookie	Swim Kids 8
Preferred successful completion - Rookie	Star Patrol - Ranger	Swim Kids 9
Preferred successful completion - Ranger	Star Patrol - Star	Swim Kids 10
Preferred successful completion - Star	Bronze Star	