



PARENT & TOT

If your child is under 3 years of Age	Has Completed Red Cross Swim	Then Register in Lifesaving Society
Is under 3 years old with no previous lesson experience	N/A	Parent & Tot 1
Is 4 to 12 months old and ready to learn to enjoy the water with parent	Starfish	Parent & Tot 1
Is 12 to 24 months old and ready to learn to enjoy the water with parent	Duck	Parent & Tot 2
Is 2 to 3 years old and ready to learn to enjoy the water with a parent	Sea Turtle	Parent & Tot 3

PRESCHOOL

If your child is 3-5 years old and can:	Has Completed Red Cross Swim	Then Register in Lifesaving Society
Is 3 to 5 years with no previous lesson experience	N/A	Preschool 1
Is 3 to 5 years and just starting out on their own	Sea Otter	Preschool 1
<ul style="list-style-type: none"> • Can jump into chest-deep water assisted • Float and glide on front and back assisted • Blow bubbles and get face wet unassisted 	Salamander	Preschool 2
<ul style="list-style-type: none"> • Can Jump into chest deep water unassisted • Submerge and exhale underwater 3 times • Float on front and back wearing a PFD for 3 seconds 	Sunfish	Preschool 3
<ul style="list-style-type: none"> • Can jump into deep water wearing a PFD • Hold breath underwater for 3 seconds • Front and back floats for 5 seconds • Glide and kick on front and back for 5 meters <p><i>(All skills performed unassisted)</i></p>	Crocodile	Preschool 4
<ul style="list-style-type: none"> • Can jump into deep water • Side glide 3 meters • Front float, roll to back float and swim 5 meters • Flutter kick on front and on back 7 meters • Front crawl wearing a PFD for 5 meters 	Whale	Preschool 5



SWIMMER

If your child is 6 years of age or older and can:		Has Completed Red Cross Swim	Then Register in Lifesaving Society
Is 6 to 12 years with no previous lesson experience		N/A	Swimmer 1
Is 6 to 12 years old with some lesson experience		Swim Kids 1, Sea Otter, Salamander, Sunfish	Swimmer 1
<ul style="list-style-type: none"> Jump into chest-deep water unassisted and into deep-water wearing a PFD Open eyes, hold breath, and exhale underwater 	<ul style="list-style-type: none"> Float, Kick and glide on front and back 	Swim Kids 2 or Crocodile	Swimmer 2
<ul style="list-style-type: none"> Jump into deep water and do a sideways entry wearing a lifejacket Support self at the surface for 15 sec 	<ul style="list-style-type: none"> Do whip kick in vertical position Swim 10 meters on front and back 	Swim Kids 2, 3 or Whale	Swimmer 3
<ul style="list-style-type: none"> Tread for 30 seconds Do kneeling dives Front somersaults 	<ul style="list-style-type: none"> 10 meter whip kick on back Swim 15 meters front crawl and back crawl 	Swim Kids 4 or Swim Kids 5	Swimmer 4
<ul style="list-style-type: none"> Complete the Swim to Survive Standard: (Roll-Tread 1 min- Swim 50m) Dive Swim underwater 	<ul style="list-style-type: none"> 15m whip kick on front Breaststroke arms with breathing Swim front and back crawl 25m 	Swim Kids 6	Swimmer 5
<ul style="list-style-type: none"> Do Shallow dives and cannon balls Eggbeater and scissor kick Swim 50m front and back crawl 	<ul style="list-style-type: none"> Breaststroke for 25m Sprint 25m 	Swim Kids 7	Swimmer 6
<ul style="list-style-type: none"> Do stride entries and compact jumps Legs only surface support for 45 seconds 	<ul style="list-style-type: none"> Swim 100m of front crawl and back crawl 300m workout Sprint 15m Breaststroke 	Swim Kids 8	Rookie Patrol
		Swim Kids 9	Ranger Patrol
		Swim Kids 10	Star Patrol