

## 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> |
|--|--|--------------------------------------|
| Is 6 to 24 months old and ready to learn to enjoy the water with parents...  | <b>Parent &amp; Tot</b>                  | Starfish/Duck                        |
| Is 3 to 5 years and just starting out on his or her own, 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><br>If 5 years+...   | <b>Preschool</b><br><br><b>Swimmer 1</b> | Sea Otter/<br>Salamander             |
| Is 5 to 12 years and just starting out...  | <b>Swimmer 1</b>                         | Swim Kids 1                          |
| 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                          |
| 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                          |
| 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<br>Swim Kids 5           |
| 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                          |
| 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                          |

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|---|--|--------------------------------------|
| 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>Swimmer 7<br/>(Rookie Patrol)</b>   | Swim Kids 8                          |
| Preferred successful completion – Rookie Patrol   | <b>Swimmer 8<br/>(Ranger Patrol)</b>   | Swim Kids 9                          |
| Preferred successful completion – Ranger Patrol   | <b>Swimmer 9<br/>(Star Patrol)</b>     | Swim Kids 10                         |