



PROGRAM REGISTRATION

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

If your child....	Register in Lifesaving Society:	Previously in Red Cross Swim:	Previously in YMCA:
Is 4 to 12 months old and ready to learn to enjoy the water with a parent...	Parent & Tot 1	Starfish	Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with a 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	Sea Turtle	Bubblers
Is 3 to 5 years old and just starting out on his or her own....	Preschool A	Sea Otter	Bobbers
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...	Preschool B	Salamander	Floaters
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...	Preschool C	Sunfish	Gliders
Can jump into deep water wearing a PFD; recover objects from the bottom; hold their breath underwater float and glide on front and back...	Preschool D	Crocodile	Divers
Can do solo jumps into deep water and get out by themselves; swim front crawl 3 - 5 m and do flutter kick on their front, back and side...	Preschool E	Whale	Surfers / Dippers
Is 5 to 12 years old and just starting out.....	Swimmer 1	Continuing Swim Kids 1	Otter / Seal
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	Completed Swim Kids 1	Dolphin
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	Swimmer
Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 minute) – Swim (50m); handstands and kneeling dives; and whip kick on their back...	Swimmer 4	Swim Kids 4/5	Star 1
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	Star 2
Can do shallow dives and cannonballs; stationary eggbeater kick; 50m of front and back crawl; breaststroke for 15-25m; sprint 25m; interval training of 4 x 50m...	Swimmer 6	Swim Kids 7	Star 3
Can do stride entries and compact jumps; eggbeater kick and scissor kick; sprint breaststroke over 25m; and a workout of 300m...	Swim Patrol – Rookie	Swim Kids 8	Star 4
Preferred successful completion – Rookie	Swim Patrol – Ranger	Swim Kids 9	Star 5
Preferred successful completion – Ranger	Swim Patrol – Star	Swim Kids 10	Star 6 / Star 7
Preferred successful completion – Star	Bronze Star		