














# Swim for Life Lesson Registration

Before you make your swim class selection, please check our registration guidelines below

If your child....	Register in Lifesaving Society:	Lifesaving Sticker/Badge:	Previously passed in Red Cross Swim:	Previously passed in YMCA:
Is 4 to 12 months old and ready to learn to enjoy the water with a parent or guardian...	<b>Parent &amp; Tot 1</b>		Starfish	Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with a parent or guardian...	<b>Parent &amp; Tot 2</b>		Duck	Bubblers
Is 2 to 3 years old and ready to learn to enjoy the water with a parent for guardian...	<b>Parent &amp; Tot 3</b>		Sea Turtle	Bobbers
Is 3 to 5 years and just starting out on his or her own....	<b>Preschool 1</b>		Sea Otter	Bobbers
If 5 years+...	<b>Swimmer 1</b>			
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...	<b>Preschool 2</b>		Salamander	Floaters
If 5 years+...	<b>Swimmer 1</b>			
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec....	<b>Preschool 3</b>		Sunfish	Gliders Divers
If 5 years+...	<b>Swimmer 1</b>			
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back...	<b>Preschool 4</b>		Crocodile	Surfers
If 5 years+...	<b>Swimmer 1</b>			
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side...	<b>Preschool 5</b>		Whale	Dippers
If 5 years+...	<b>Swimmer 2</b>			

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Is 5 to 12 years and just starting out...	<b>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
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
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	Star 1
			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	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>Swimmer 7 / Rookie Patrol</b>		Swim Kids 8	Star 4
Preferred successful completion – Swimmer 7 / Rookie Patrol	<b>Swimmer 8 / Ranger Patrol</b>		Swim Kids 9	Star 5
Preferred successful completion – Swimmer 8 / Ranger Patrol	<b>Swimmer 9 / Star Patrol</b>		Swim Kids 10	Star 6
Preferred successful completion – Swimmer 9 / Star Patrol	<b>Bronze Star</b>		—	Master Swimmer