

Swim for Life Aquatic Registration

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

If your child....	Register in Lifesaving Society:	Previously in Red Cross Swim:
Is 6 to 24 months old and ready to learn to enjoy the water with parent...	Parent & Tot	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... If 5 years+...	Preschool Swimmer 1	Sea Otter/ Salamander
Is 5 to 12 years and just starting out...	Swimmer 1	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...	Swimmer 2	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...	Swimmer 3	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... 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...	Swimmer 4 & Swimmer 5	Swim Kids 4 Swim Kids 5 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...	Swimmer 6	Swim Kids 7

If your child....	Register in Lifesaving Society:	Previously in Red Cross Swim:
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...	Rookie Patrol	Swim Kids 8
Preferred successful completion – Rookie Patrol	Ranger Patrol	Swim Kids 9

To complete your Red Cross Levels for the summer of 2022 ONLY Red Cross Swim Kids Level 10 will be available for those who have passed Red Cross Swim Kids Level 9 with proof of completion, badge.