















RED CROSS TO SWIM FOR LIFE SWIM LEVELS REGISTRATION GUIDE

IF YOUR CHILD...	REGISTER IN LIFESAVING SOCIETY:	PREVIOUS RED CROSS LEVEL:
<p>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...</p>	<p>ROOKIE PATROL</p> 	<p align="center">SWIM KIDS 8</p>
<p>Preferred succession of completion- Rookie Patrol</p>	<p>RANGER PATROL</p> 	<p align="center">SWIM KIDS 9</p>
<p>Preferred succession of completion- Ranger Patrol</p>	<p>STAR PATROL</p> 	<p align="center">SWIM KIDS 10</p>
<p>Preferred succession of completion- Star Patrol</p>	<p>BRONZE STAR</p> 	<p align="center">Preferred SWIM KIDS 10 competed.</p>
<p>Preferred succession of completion- Bronze Star or 13 years old by the last day of the course</p>	<p>BRONZE MEDALLION</p> 	<p align="center">Preferred SWIM KIDS 10 competed.</p>
<p>Completed Bronze Medallion.</p>	<p>BRONZE CROSS</p> 	<p align="center">Preferred SWIM KIDS 10 competed.</p>

RED CROSS TO SWIM FOR LIFE PRESCHOOL REGISTRATION GUIDE

IF YOU CHILD....	REGISTER IN LIFESAVING SOCIETY:	PREVIOUS RED CROSS LEVEL:
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	JELLYFISH (Parent & Tot 1) 	STARFISH
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	GOLDFISH (Parent & Tot 2) 	DUCK
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	SEAHORSE (Parent & Tot 3) 	SEA TURTLE
Is 3 to 5 years and just starting out on their own....	OCTOPUS (Preschool 1) 	SEA OTTER
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...	CRAB (Preschool 2) 	SALAMANDER
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec....	ORCA (Preschool 3) 	SUNFISH
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide, and kick on front and back...	SEA LION (Preschool 4) 	CROCODILE
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side...	NARWAL (Preschool 5) 	WHALE

RED CROSS TO SWIM FOR LIFE SWIM LEVELS REGISTRATION GUIDE

IF YOU CHILD....	REGISTER IN LIFESAVING SOCIETY:	PREVIOUS RED CROSS LEVEL:
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...	SWIMMER 4 	SWIM KIDS 4 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...	SWIMMER 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

EARLY BIRD DISCOUNT



**Early bird pricing applies from
May 1 until May 21! Get 10% off!**

The discount will automatically be applied to your purchase when purchasing online or in-person at the office. You can confirm that the discount is being applied online by clicking the drop-down menu of your fees and you will see the discount being applied. **Advanced aquatic programs exempt from discount**