

LIFESAVING SOCIETY- SWIM FOR LIFE LEVELS

If your child...	Register in:
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	Parent and Tot 1
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	Parent and Tot 2
Is 2 to 3 years old and ready to learn to enjoy the water with parent...	Parent and Tot 3
Is 3 to 5 years and just starting out on their own... If 5 years+...	Preschool 1 Swimmer 1
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 2 Swimmer 1
Can jump into chest- deep water; submerge and exhale underwater; float on front and back assisted for 3 sec... If 5 years +...	Preschool 3 Swimmer 1
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back... If 5 years +...	Preschool 4 Swimmer 1
Can do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side... If 5 years +	Preschool 5 Swimmer 2

LIFESAVING SOCIETY- SWIM FOR LIFE LEVELS

If your child...	Register in:
Is 5 to 12 years and just starting out...	Swimmer 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
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 10m on front and back...	Swimmer 3
Can tread for 30 sec.; do kneeling dives and front somersaults; 10m whip kick on back; and swim 15m front crawl and back crawl...	Swimmer 4
Can complete the Canadian Swim to Survive Standard: Roll- Tread (1 min) , Swim (50m); dive; swim underwater; 15m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25m...	Swimmer 5
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50m front and back crawl; breaststroke for 25m; sprint 25m; interval training 4 x 50m...	Swimmer 6
Can do side entries and compact jumps; legs-only surface support for 45 sec.; sprint 25m breaststroke; swim 100m of front crawl and back crawl and 300m workout...	Swimmer 7/ Rookie Patrol
Successful completion of Swimmer 7/Rookie Patrol...	Swimmer 8/ Ranger Patrol
Successful completion of Swimmer 8/Ranger Patrol...	Swimmer 9/Star Patrol