

SWIM FOR LIFE LEVEL GUIDE

Red Cross	Swim For Life	Age	Skills (swimmers can do)
PARENT & TOT AGES 4 MONTHS+			
Starfish	Jellyfish	4-12 months	Ready to learn to enjoy the water with parent.
Duck	Goldfish/Goldfish Advanced	12-24 months	Ready to learn to enjoy the water with parent.
Sea Turtle	Seahorse	2-3 years	Ready to learn to enjoy the water with parent.
TRANSITION (NO PARENT) AGES 2-3			
Sea Turtle+	Seahorse+	2-3 years	This is for swimmers that are starting on their own for the first time.
PRE-SCHOOL AGES 3-5			
Red Cross	Swim for Life	Age	Skills (swimmers can do)
Sea Otter	Octopus	3-5 years	This is for swimmers that are starting on their own for the first time.
Salamander	Crab/Crab Advanced	3-5 years	Can get in and out and jump into chest-deep water, assisted. Assisted, float and glide on front and back. Blow bubbles and get face wet.
Sunfish	Orca/Orca Advanced	3-5 years	Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec.
Crocodile	Sea Lion/Sea Lion Advanced	3-5 years	Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back.
Whale	Narwhal	3-5 years	Can do solo jumps into deep water; swim front crawl 5m wearing a lifejacket and flutter kick on front, back and side.
SCHOOL AGED PROGRAMS (AGES 5+)			
Red Cross	Swim for Life	Age	Skills (swimmers can do)
Swim Kids 1	Swimmer 1	5-12 years	Swimmers who are just starting out.
Swim Kids 2	Swimmer 2/Swimmer 2 Advanced (children 5+ can move to this level from preschool Whale)	5-12 years	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.
Swim Kids 3	Swimmer 3/Swimmer 3 Advanced	5-12 years	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.
Swim Kids 4	Swimmer 4/Swimmer 4 Advanced	5-12 years	Can tread for 30 sec.;do kneeling dives and front somersaults; 10m whip kick on back; and swim 15m front crawl and back crawl.
Swim Kids 5	Swimmer 4/Swimmer 4 Advanced	5-12 years	Can tread for 30 sec.;do kneeling dives and front somersaults; 10m whip kick on back; and swim 15m front crawl and back crawl.
Swim Kids 6	Swimmer 5/ Swimmer 5 Advanced	5-12 years	Can complete the Canadian Swim to Survive Standard: Roll -Tread (1 min.) -Swim (50m); dive; swim underwater; 15m whipkick on front; breaststroke arms with breathing; and swim front and back crawl 25m.
Swim Kids 7	Swimmer 6	5-12 years	Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50m front and back crawl; breaststroke for 25m; sprin 25m; interval training 4 x 50m.
Swim Kids 8	Swimmer 7 - Rookie Patrol	8+ years	pre-requisite Swim Kids 7
Swim Kids 9	Swimmer 8 - Ranger Patrol	8+ years	pre-requisite Swim Kids 8
Swim Kids 10	Swimmer 9 - Star Patrol	8+ years	pre-requisite Swim Kids 9