

# SWIM FOR LIFE LEVEL GUIDE

Red Cross	Swim For Life	Age	Skills (swimmers have completed)
PARENT & TOT AGES 4 MONTHS+			
Starfish	Jellyfish	4-12 months	Ready to learn to enjoy the water with parent.
Duck	Goldfish	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			
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Sea Otter	Octopus (Swimmer 1 at age 5+)	3-5 years	This is for swimmers that are starting on their own for the first time.
Salamander	Crab (Swimmer 1 at age 5+)	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 (Swimmer 1 at age 5+)	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 (Swimmer 2 at age 5+)	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 (Swimmer 2 at age 5+)	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+)			
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Swim Kids 1	Swimmer 1	5-12 years	Swimmers who are just starting out.
Swim Kids 2	Swimmer 2 (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	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	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	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	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 8/9/10	Swimmer 7 - Rookie Patrol	8+ years	pre-requisite Swim Kids 7,8,9, 10 or Swimmer 6
	Swimmer 8 - Ranger Patrol	8+ years	pre-requisite Swimmer 7 - Rookie Patrol
	Swimmer 9 - Star Patrol	8+ years	pre-requisite Swimmer 8 - Ranger Patrol