

## PROGRAM REGISTRATION

*Before you make your swim class selection, check our registration guideline.*

<b>If your child....</b>	<b>Register in Lifesaving Society:</b>	<b>Previously in Red Cross AquaQuest:</b>	<b>Previously in Red Cross Swim:</b>	<b>Previously in YMCA:</b>
Is 4 to 12 months old and ready to learn to enjoy the water with a parent...	Parent & Tot 1	AquaTots 1	Starfish	Continuing L'il Dippers: Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with a parent...	Parent & Tot 2	AquaTots 2	Duck	Continuing L'il Dippers: Bubbler
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 3	AquaTots 3	Sea Turtle	Continuing L'il Dippers: Bobbers
Is 3 to 5 years and just starting out on his or her own....	Preschool 1 (formerly Preschool A)	Continuing Preschool AQ 1	Sea Turtle	Continuing L'il Dippers: Bobbers
Can get in and out alone, jump into chest deep water assisted, float and glide in a PFD on front and back, blow bubbles and get face wet...	Preschool 2 (formerly Preschool B)	Completed Preschool AQ 1	Salamander	Completed L'il Dippers: Bobbers
Can get in and out alone, jump into chest deep water, submerge and exhale underwater, and float on front and back assisted for 3-5 seconds...	Preschool 3 (formerly Preschool C)	Completed Preschool AQ 2	Sunfish	Continuing L'il Dippers: Floaters
Can jump into deep water wearing a PFD; recover objects from the bottom; hold their breath underwater float and glide on front and back...	Preschool 4 (formerly Preschool D)	Completed Preschool AQ 3	Crocodile	Continuing L'il Dippers: Floaters
Can do solo jumps into deep water and get out by themselves; swim front crawl 3 - 5 m and do flutter kick on their front, back and side...	Preschool 5 (formerly Preschool E)	Completed Preschool AQ 4	Whale	Completed L'il Dippers: Floaters
Is 5 to 12 years and just starting out.....	Swimmer 1	Completed AQ 1	Continuing Swim Kids 1	Continuing L'il Dippers: Floaters/Learn to Swim I: Otter
Can jump into the water with and without a PFD; open eyes, hold your breath, open your eyes and exhale underwater; float, kick and glide on your front and back...	Swimmer 2	Completed AQ 2	Completed Swim Kids 1	Completed L'il Dippers: Divers/Learn to Swim II: Seal
Can jump into deeper water; roll sideways into water wearing a PFD; support self at the surface without an aid; do whip kick in the vertical position; and swim 10 - 15m on front and back...	Swimmer 3	Completed AQ 3/4	Swim Kids 2/3	Completed Learn to Swim IV: Swimmer
Can complete the Canadian Swim to Survive Standard: Roll - Tread (1 minute) - Swim (50m); handstands and kneeling dives; and whip kick on their back...	Swimmer 4	Completed AQ 5/6	Swim Kids 4/5	Completed Star 1
Can do dives; swim underwater; tread water for 2 minutes; 25m of front and back crawl; whip kick on your front; breaststroke arms with breathing; and interval training of 4 x 25m...	Swimmer 5	Completed AQ 7	Swim Kids 6	Completed Star 2
Can do shallow dives and cannonballs; stationary eggbeater kick; 50m of front and back crawl; breaststroke for 15-25m; sprint 25m; interval training of 4 x 50m...	Swimmer 6	Completed AQ 8	Swim Kids 7	Completed Star 3
Can do stride entries and compact jumps; eggbeater kick and scissor kick; sprint breaststroke over 25m; and a workout of 300m...	Swim Patrol - Rookie	Completed AQ 9	Swim Kids 8	Completed Star 4
Preferred successful completion - Rookie	Swim Patrol - Ranger	Completed AQ 10	Swim Kids 9	Completed Star 5
Preferred successful completion - Ranger	Swim Patrol - Star	Completed AQ 11	Swim Kids 10	Completed Star 6
Preferred successful completion - Star	Bronze Star	Completed AQ 12		Completed Master Swimmer