

# Swimming Lesson Comparison Chart

## Program Descriptions

Before you register, check this guide for the right level.

If your child...	Previously in Red Cross Swim	Register in Lifesaving Society
Is 4 to 12 months old and ready to learn to enjoy the water with a parent.	Starfish	<b>Parent &amp; Tot 1</b>
Is 12 to 24 months old and ready to learn to enjoy the water with a parent.	Duck	<b>Parent &amp; Tot 2</b>
Is 2 to 3 years old and ready to learn to enjoy the water with a parent.	Sea Turtle	<b>Parent &amp; Tot 3</b>
Is 3 to 5 years old and just starting on his/her own.	Sea Otter	<b>Preschool 1</b>
Is 3 to 5 years old and 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.	Salamander	<b>Preschool 2</b>
Can get in and out alone, jump into chest deep water, submerge & exhale underwater, and float on front back assisted for 3-5 seconds.	Sunfish	<b>Preschool 3</b>
Can jump into deep water wearing a PFD; recover objects from the bottom, hold their breath underwater float and glide on front & back.	Crocodile	<b>Preschool 4</b>
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.	Whale	<b>Preschool 5</b>
Is 5 to 12 years old and passed Preschool 5 or has never taken a swimming lesson.	Whale	<b>Swimmer 1</b>
Can jump into the water with and without a PFD; open eyes, hold breath, and exhale underwater, float, kick & glide on front and back.	Completed Swim Kids 1	<b>Swimmer 2</b>
Can jump into deeper water, roll sideways into water wearing PFD; support self at the surface without an aid, do whip kick in the vertical position, and swim 10 - 15 m on front and back.	Completed Swim Kids 2/3	<b>Swimmer 3</b>

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Can complete the Canadian Swim to Survive Standard Roll - Tread (1 minute) - Swim (50 m); handstands and kneeling dives, and whip kick on their back.	Completed Swim Kids 4/5	<b>Swimmer 4</b>
Can do dives, swim underwater, tread water for 2 minutes, 25 m of front and back crawl; whip kick on front; breaststroke arms with breathing; and interval training of 4 x 25m.	Completed Swim Kids 6	<b>Swimmer 5</b>
Can do shallow dives and cannonballs; stationary eggbeater kick, 50 m of front and back crawl, breaststroke for 15 - 25 m; sprint 25m; interval training of 4 x 50m.	Completed Swim Kids 7	<b>Swimmer 6</b>
Can do stride entries and compact jumps; eggbeater kick & scissor kick; sprint breaststroke over 25m; and a workout of 300m.	Completed Swim Kids 8	<b>Swim Patrol: Rookie</b>
Can swim carry a 5 lb weight 15m, swim 300 minutes continuously; head and foot-first surface dives; shallow dives.	Completed Swim Kids 9	<b>Swim Patrol: Ranger</b>
Can do eggbeater; swim 75 m of front crawl, back crawl and breast stroke; support a 5 lb object for 1 min; complete a 350 m workout.	Completed Swim Kids 10	<b>Swim Patrol: Star</b>
minimum 13 years of age		<b>Bronze Medallion</b>
minimum 13 years of age Completed Bronze Medallion		<b>Bronze Cross</b>
minimum 13 years of age Completed Bronze Cross		<b>LSI -Swim for Life</b>
<b>Senior Lifeguard</b>		
minimum 15 years of age Bronze Cross Standard First Aid		<b>National Lifeguard</b>