

# Swim for Life Registration

The John Rhodes Pool will be making the switch to Lifesaving Society's Swim for Life Program. Please use the chart below to determine what level to register your swimmer in.

If your child....	Register in Lifesaving Society:	Previously registered in Red Cross:
Is 4 to 12 months old and ready to learn to enjoy the water with a parent...	Parent & Tot 1 (4-12 months)	Starfish
Is 12 to 24 months old and ready to learn to enjoy the water with a parent...	Parent & Tot 2 (12-24 months)	Duck
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 3 (24-36 months)	Duck
Is 3 to 6 years and just starting out on his or her own....	Preschool 1  Swimmer 1 (If 6 years+)	Sea Turtle
Is 3 to 6 years and just starting out on his or her own....	Preschool 1  Swimmer 1 (If 6 years+)	Sea Otter
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...	Preschool 2  Swimmer 1 (If 6 years+)	Salamander
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec....	Preschool 3  Swimmer 1 (If 6 years+)	Sunfish
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back...	Preschool 4  Swimmer 1 (If 6 years+)	Crocodile
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side...	Preschool 5  Swimmer 2 (If 6 years+)	Whale Whale+

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