

PROGRAM LEVEL REGISTRATION GUIDE – LIFESAVING SOCIETY SWIM FOR LIFE & SWIM PRESCHOOL

Level	Participant requirement to register	In this level
Lifesaving Society Swimmer 1	At least 5 years of age, no previous swimming experience required	These beginners will become comfortable jumping into water with and without a lifejacket. They'll learn to open their eyes, exhale and hold their breath underwater. They'll work on floats, glides and kicking through the water on their front and back
Lifesaving Society Swimmer 2	At least 5 years of age, successful completion of the skills in Lifesaving Society Swimmer 1	These advanced beginners will jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. They'll be able to support themselves at the surface without an aid, learn whip kick, swim 10 m on their front and back, and be introduced to flutter kick interval training (4 x 5 m).
Lifesaving Society Swimmer 3	At least 5 years of age, successful completion of the skills in Lifesaving Society Swimmer 2	These junior swimmers will dive and do in-water front somersaults and handstands. They'll work on 15 m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15 m
Lifesaving Society Swimmer 4	At least 5 years of age, successful completion of the skills in Lifesaving Society Swimmer 3	These intermediate swimmers will swim 5 m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. Their skills include the completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25 m and 4 x 25 m front or back crawl interval training
Lifesaving Society Swimmer 5	At least 5 years of age, successful completion of the skills in Lifesaving Society Swimmer 4	These swimmers will master shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. They'll refine their front and back crawl over 50m swims, and breaststroke over 25m swims. Swimmers will also complete 25 m sprints and two interval swims of: 4 x 50 m front/back crawl; and 4 x 15 m breaststroke
Lifesaving Society Swimmer 6	At least 5 years of age, successful completion of the skills in Lifesaving Society Swimmer 5	These advanced swimmers will rise to the challenge of sophisticated aquatic skills including stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breaststroke sprints over 25 m. They'll easily swim lengths of front crawl, back crawl, and breaststroke, and they'll complain about the 300 m workout.
Lifesaving Society Rookie Patrol	At least 5 years of age, successful completion of the skills in Lifesaving Society Swimmer 6	Swimmers continue stroke development with 50m swims of front crawl, back crawl & breaststroke. Lifesaving sport skills include a 25 m obstacle swim and 15 m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350 m workouts and 100 m timed swims.
Lifesaving Society Ranger Patrol	At least 5 years of age, successful completion of the skills in Lifesaving Society Rookie Patrol	Swimmers develop better strokes over 75 m swims of each stroke. They tackle lifesaving sport skills in a lifesaving medley, timed object support and rescue with a buoyant aid. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Skill drills develop a strong lifesaving foundation
Lifesaving Society Star Patrol	At least 5 years of age, successful completion of the skills in Lifesaving Society Ranger Patrol	Swimmers are challenged with 600 m workouts; 300 m timed swims and a 25 m object carry. Strokes are refined over 100 m swims. First aid focuses on treatment of bone or joint injuries and respiratory emergencies including asthma and allergic reactions. Lifesaving skills include defense methods, victim removals and rolling over and supporting a victim face up in shallow water.
Parent & Tot 1	Designed for the 4 to 12-month-old to learn to enjoy the water with the parent.	Babies and their caregivers work on getting wet, buoyancy and movement, allowing them to get use to the water.
Parent & Tot 2	Designed for the 12 to 24-month-old to learn to enjoy the water with the parent.	Babies and their caregivers work on getting wet, buoyancy and movement, front, back and vertical position in the water, and shallow water entries and exits.

Parent & Tot 3/ Preschool A	Designed for the 2 to 3-year-old to learn to enjoy the water with the parent.	We encourage the parent to participate until their child lets them know they can do it themselves. These preschoolers will learn how to get in and out of the water. We'll help them jump into chest deep water. They'll float and glide on their front and back and learn to get their faces wet and blow bubbles underwater.
Preschool B	24 – 36 months of age, participating with or without a parent or caregiver	These preschoolers learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. They'll submerge and exhale underwater. Wearing a lifejacket, they'll glide on their front and back.
Preschool C	3 – 5 years of age, successful completion of the skills in Lifesaving Society Preschool B	These Preschoolers will try both jumping and a sideways entry into deep water while wearing a lifejacket. They'll recover objects from the bottom in waist-deep water. They'll work on kicking and gliding through the water on their front and back.
Preschool D	3 – 5 years of age, successful completion of the skills in Lifesaving Society Preschool C	These Preschoolers will learn to do solo jumps into deeper water and get out by themselves. They'll do sideways entries and open their eyes underwater. They'll master a short swim on their front wearing a lifejacket and gliding and kicking on their side.
Preschool E	3 – 6 years of age, successful completion of the skills in Lifesaving Society Preschool D	These Preschoolers will demonstrate a forward roll entry wearing a lifejacket and treading water for 10 sec. They'll work on front and back crawl swims for 5 m, interval training and whip kick

TRANSFER FROM LIFESAVING SOCIETY SWIM PRESCHOOL TO LIFESAVING SOCIETY SWIM FOR LIFE

If they took Red Cross Swim Preschool:	The level was marked:	Enroll them in Red Cross Swim Kids:
Parent & Tot 1	Complete or incomplete	1
Parent & Tot 2	Complete or incomplete	1
Parent & Tot 3/Preschool A	Complete or incomplete	1
Preschool B	Complete or incomplete	1
Preschool C	Complete or incomplete	1
Preschool D	Complete or incomplete	1
Preschool E	Complete	2

LEARN TO SWIM PROGRAM COMPARISON BY ORGANIZATION

Red Cross Swim Preschool	Lifesaving Society Preschool
Starfish	Parent & Tot 1 (4 mth – 1 yr)
Duck	Parent & Tot 2 (1-2 yrs)
Sea Turtle	Parent & Tot 3/Preschool A
Sea Otter	Preschool B
Salamander	Preschool C
Sunfish or Crocodile (IC)	Preschool D
Crocodile (C) Whale (IC) or (C)	Preschool E
Red Cross Swim Kids	Lifesaving Society Swim for Life
Level 1 (IC) or (C) Level 2 (IC)	Swimmer 1
Level 2 (C) Level 3 (IC)	Swimmer 2
Level 3 (C) Level 4 (IC)	Swimmer 3
Level 4 (C) Level 5 (IC) or Level 5 (C)	Swimmer 4
Level 6 (IC) or Level 6 (C) Level 7 (IC)	Swimmer 5
Level 7 (C)	Swimmer 6
Level 8 (IC) or (C)	Rookie Patrol
Level 9 (IC) or (C)	Ranger Patrol
Level 10 (IC) or (C)	Star Patrol