

Swim for Life Aquatic Registration Guidelines

Still unsure what level to register for?

Ask a lifeguard about a swim evaluation at your next visit to Leisure Swim at the Lawson Aquatic Centre, Sandra Schmirler Leisure Centre or North West Leisure Centre.

	Child is under 3 years of age:	Register in:	This class is most similar to:
Parent & Tot	Is 4 to 12 months old and ready to learn to enjoy the water with a caregiver	Parent & Tot 1	Red Cross Starfish or Duck YMCA Splashers or Bubbler
	Is 12 to 24 months old and ready to learn to enjoy the water with a caregiver	Parent & Tot 2	Red Cross Sea Turtle YMCA Bobbers
	Is 24 to 36 months old and ready to learn to enjoy the water with a caregiver	Parent & Tot 3	Red Cross Sea Otter YMCA Bobbers
	Child is 3-5 years old:	Register in:	This class is most similar to:
Preschool	Is 3 to 5 years old* and able to go in and move around the water without a caregiver. *Must be at least 3 years old by first lesson. Please note the child is to be unassisted by caregiver during this class.	Preschool 1	Red Cross Salamander YMCA Floaters
	Is 5+ years old	Swimmer 1	
	Is 5 and under and can: <input type="checkbox"/> Enter and exit shallow water <input type="checkbox"/> Jump into chest deep water (assisted) <input type="checkbox"/> Put their face in the water <input type="checkbox"/> Perform front and back floats and glides on both front and back.	Preschool 2	Red Cross Sunfish YMCA Gliders or Divers
	Is 5+ years old	Swimmer 1	
	Is 5 and under and can: <input type="checkbox"/> Enter and exit the water wearing a PFD <input type="checkbox"/> Jump into chest deep water (unassisted) <input type="checkbox"/> Submerge and exhale <input type="checkbox"/> Perform front and back floats wearing a life jacket <input type="checkbox"/> Front and back glides wearing a life jacket and flutter kick	Preschool 3	Red Cross Crocodile YMCA Surfers
	Is 5+ years old	Swimmer 1	
	Is 5 and under and can: <input type="checkbox"/> Jump into deep water wearing a PFD <input type="checkbox"/> Hold their breath underwater <input type="checkbox"/> Recover an object from the bottom <input type="checkbox"/> Perform a back float; roll to front and swim 3 metres <input type="checkbox"/> Front and back glides and front and back flutter kick	Preschool 4	Red Cross Whale YMCA Dippers
Is 5+ years old	Swimmer 1		
Is under 5 and can: <input type="checkbox"/> Jump into deep water <input type="checkbox"/> Perform sideways entries, treading water, open eyes under water, as well as front floats <input type="checkbox"/> Roll to back swim 5m, glide on side 3m and front crawl wearing a PFD	Preschool 5	Red Cross Whale YMCA Dippers	
Is 5+ years old	Swimmer 1		

The swimmer is 5 years or older and CAN ALREADY perform the following skills:		Register in:	This class is most similar to:
Swimmer	Is 5-12 years and just starting out	Swimmer 1	Red Cross Swim Kids 1 or 2 YMCA Otter or Seal
	Is 8-14 years and just starting out	Youth Swimmer 1	Red Cross Swim Kids 1 or 2 YMCA Otter or Seal
	<input type="checkbox"/> Jump into deep water wearing a PFD <input type="checkbox"/> Tread water, submerge and exhale <input type="checkbox"/> Front and back floats, glides, flutter kick and front crawl wearing a PFD	Swimmer 2	Red Cross Swim Kids 3 YMCA Dolphin or Swimmer
	Is 8-14 years and can perform the skills listed above.	Youth Swimmer 2	
	<input type="checkbox"/> Jump into deep water, perform sideways entries wearing a PFD <input type="checkbox"/> Support self at surface 15 sec <input type="checkbox"/> Recover an object from the bottom <input type="checkbox"/> Flutter kick on front and back, whip kick in vertical position, swim 10m front and back crawl	Swimmer 3	Red Cross Swim Kids 4 or 5 YMCA Star 1
	Is 8-14 years and can perform the skills listed above.	Youth Swimmer 3	
	<input type="checkbox"/> Kneeling dives, forward rolls, front somersaults <input type="checkbox"/> Tread water 30 sec <input type="checkbox"/> Jump into deep water <input type="checkbox"/> Flutter kicks, 10m whip kick on back, swim 15m front and back crawl	Swimmer 4	Red Cross Swim Kids 6 YMCA Star 2
	Is 8-14 years and can perform the skills listed above.	Youth Swimmer 4	
	<input type="checkbox"/> Swim to Survive Standard: <ul style="list-style-type: none"> • Roll – tread 1 min. • Swim 50m <input type="checkbox"/> Standing dives <input type="checkbox"/> Underwater swim <input type="checkbox"/> 15m whip kick on front, breaststroke arms with breathing <input type="checkbox"/> Front and back crawl 25m	Swimmer 5	Red Cross Swim Kids 7 YMCA Star 3
	<input type="checkbox"/> Shallow dives, tuck jumps, stationary eggbeater, scissor kick <input type="checkbox"/> 25m breaststroke <input type="checkbox"/> 50m front and back crawl, head up front crawl <input type="checkbox"/> Interval training 4x50m	Swimmer 6	Red Cross Swim Kids 8 YMCA Star 4
	<input type="checkbox"/> Stride entries, compact jumps <input type="checkbox"/> Legs only surface support for 45 sec <input type="checkbox"/> 25m breaststroke <input type="checkbox"/> 100m front crawl, back crawl and head up front crawl <input type="checkbox"/> 300m workout	Rookie Patrol	Red Cross Swim Kids 9 YMCA Star 5
	<input type="checkbox"/> Front crawl, back crawl, and breaststroke over 50m each <input type="checkbox"/> Timed 100m swims <input type="checkbox"/> 350m workouts	Ranger Patrol	Red Cross Swim Kids 10 YMCA Star 6
	<input type="checkbox"/> Front crawl, back crawl, and breaststroke over 75m each <input type="checkbox"/> 100m lifesaving medley <input type="checkbox"/> Timed 200m swims	Star Patrol	Red Cross Swim Kids 10 YMCA Star 6