



## **Swim for Life Aquatic Registration**

Before you make your swim class selection, please check our registration guidelines below:

<b>If your child...</b>	<b>Register in Lifesaving Society:</b>	<b>Equivalent to Red Cross Swim:</b>
<b>Parent &amp; Tot – Ages 4 months to 3 years old</b>		
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	Parent & Tot 1 30 mins	Starfish
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	Parent & Tot 2 30 mins	Duck
Is 2 to 3 years old and ready to learn to enjoy the water with parent...	Parent & Tot 3 30 mins	Sea Turtle
<b>Preschool – Ages 3 to 5 years old</b>		
These preschoolers will have fun learning to get in and out of the water and place face in water. Float and glide on their front and back.	Preschool 1 30 mins	Sea Otter
They'll learn to jump into chest-deep water by themselves, and get in and get out wearing a lifejacket. Submerge and exhale underwater. Wearing a lifejacket glide on their front and back.	Preschool 2 30 mins	Salamander
These youngsters will try both jumping and sideways entry into deep water while wearing a lifejacket. Recover objects from the bottom in waist-deep water. Kicking and gliding through the water on their front and back.	Preschool 3 30 mins	Sunfish
Learn to do solo jumps into deeper water and get out by themselves. Sideways entries and open their eyes underwater. Distance swim on front wearing a lifejacket and gliding and kicking on their side.	Preschool 4 30 mins	Crocodile
Learn to do a forward roll entry wearing a lifejacket and treading water for 10sec. New, front and back crawl swims for 5 m, interval training and get a giggle out of whip kick.	Preschool 5 30 mins	Whale



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<b>School Age – Ages 5 years old and up</b>		
Beginners will become comfortable jumping into water with and without a lifejacket. Learn to open their eyes, exhale and hold their breath underwater. Work on floats, glides and kicking through the water on their front and back.	Swimmer 1 30 mins	Swim Kids 1
They'll jump into deeper water, and learn to be comfortable falling sideways into the water wearing a lifejacket. Surface Support without an aid, learn whip kick, swim 10m on their front and back, and be introduced to flutter kick interval training (4 x 5m).	Swimmer 2 30 mins	Swim Kids 2
These swimmers will dive and do in-water front somersaults and handstands. Work on 15m of front crawl, back crawl and 10 m of whip kick. Flutter kick interval training increases to 4 x 15m.	Swimmer 3 45 mins	Swim Kids 3
Swimmers will swim 5m underwater and lengths of front, back crawl, whip kick, and breaststroke arms with breathing. The completion of the Canadian Swim to Survive® Standard. They'll cap it all off with front crawl sprints over 25m and 4 x 25m front or back crawl interval training.	Swimmer 4 45 mins	Swim Kids 4 & 5
Swimmers will work on shallow dives, cannonball entries, eggbeater kicks, and in-water backward somersaults. Continue their front and back crawl over 50m swims of each, and breaststroke over 25m. Pick up the pace in 25m sprints and two interval training bouts: 4 x 50m front or back crawl; and 4 x 15m breaststroke.	Swimmer 5 45 mins	Swim Kids 6
Swimmers will stride entries, compact jumps and lifesaving kicks like eggbeater and scissor kick. They'll develop strength and power in head-up breast stroke sprints over 25m. Swim lengths of front crawl, back crawl, and breaststroke, and participate in a 300m workout.	Swimmer 6 45 mins	Swim Kids 7



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Swimmers continue stroke development with 50m swims of front crawl, back crawl and breaststroke. Lifesaving sport skills include a 25m obstacle swim and 15m object carry. First aid focuses on assessment of conscious victims, contacting EMS, and treatment for bleeding. Fitness improves in 350m workouts and 100m timed swims	Swimmer 7/ Rookie 1 hour	Swim Kids 8
Swimmers develop better strokes over 75m swims of each stroke. 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.	Swimmer 8/ Ranger 1 hour	Swim Kids 9
Swimmers are challenged with 600m workouts, 300m timed swims and a 25m object carry. Continuous focus on strokes improvements. 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.	Swimmer 9/ Star 1 hour	Swim Kids 10