

Program Conversion Chart

Before you make your swim class selection, check our registration guideline:

If your child...	Previously in Red Cross Swim:	Register in Lifesaving Society:
is 4-12 months old & is ready to learn to enjoy the water with a parent...	Starfish	Parent & Tot 1
is 1-2 years old and is ready to learn to enjoy the water with a parent...	Duck	Parent & Tot 2
is 2-3 years old and is ready to learn to enjoy the water with a parent...	Sea Turtle	Parent & Tot 3
is 3-5 years old and is just starting out on his or her own...	Sea Otter	Preschool 1
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	Preschool 2
can get in and out alone, jump into chest deep water, submerge and exhale underwater, and float on front and back assisted for 3-5 seconds...	Sunfish	Preschool 3
can jump into deep water wearing a PFD; recover objects from the bottom; hold their breath underwater; float and glide on front and back...	Crocodile	Preschool 4
can do solo jumps into deep water and get out by themselves; swim front crawl 3-5m and do flutter kick on front, back and side...	Whale	Preschool 5

If your child...	Previously in Red Cross Swim:	Register in Lifesaving Society:
completed Preschool 1-3 and are now between 6-13 years old and just starting out...	Continuing Swim Kids 1	Swimmer 1
completed Preschool 4-5 and are now 6-13 years old and can jump into the water with PFD; open eyes, hold breath, open eyes and exhale underwater; float, kick and glide on front and back...	Completed Swim Kids 1	Swimmer 2
can jump into deeper water; roll sideways into water wearing a PFD; support self at the surface without an aid; do whip kick in the vertical position; and swim 10-15m on front and back...	Swim Kids 2/3	Swimmer 3
can complete the Canadian Swim to Survive Standard: roll - tread water (1 minute); swim (50m); handstands and kneeling dives; and whip kick on their back...	Swim Kids 4/5	Swimmer 4
can do dives; swim underwater, tread water (2 minutes); swim 25m front and back crawl; whip kick on front; breast stroke arms with breathing; and interval training of 4x25m...	Swim Kids 6	Swimmer 5
can do shallow dives and cannonballs; stationary eggbeater kick; 50m of front and back crawl; breast stroke for 15-25m; sprint 25m; interval training of 4x50m...	Swim Kids 7	Swimmer 6
can do stride entries and compact jumps; eggbeater kick and scissor kick; sprint breast stroke over 25m; and a workout of 300m...	Swim Kids 8	Swimmer 7: Rookie Patrol
successfully completed Swimmer 7: Rookie Patrol (preferred)	Swim Kids 9	Swimmer 8: Ranger Patrol
successfully completed Swimmer 8: Ranger Patrol (preferred)	Swim Kids 10	Swimmer 9: Star Patrol
successfully completed Swimmer 9: Star Patrol (preferred)		Swimmer 10: Bronze Star

Not sure which level to register for?

Get a **FREE assessment** during any recreational swim. Regular admission policies apply.

Visit vaughan.ca/swim for recreational swim times.

