

# Swim for Life Aquatic Registration Guidelines

## Under Age 3 (with caregiver in the water):

Age	Register in:
4–12 months	Parent & Tot 1
12–24 months	Parent & Tot 2
24–36 months	Parent & Tot 3

## Ages 3 to Under 5 (without caregiver in the water):

If your child is not able to perform the skills listed, register for level above.

If Your Child Can...	Register in:
✓ Enter/move in the water without caregiver and is 3+ years of age	Preschool 1
✓ Enter/exit shallow water ✓ Jump into chest deep water (assisted) ✓ Put face in water ✓ Front/back floats and glides	Preschool 2
✓ Enter/exit with PFD ✓ Jump into chest deep (unassisted) ✓ Submerge & exhale ✓ Front/back floats & glides with PFD ✓ Flutter kick	Preschool 3
✓ Jump into deep water with PFD ✓ Hold breath, retrieve object ✓ Back float, roll & swim 3m ✓ Glides & flutter kick	Preschool 4
✓ Jump into deep water ✓ Tread, side entries, open eyes underwater ✓ Roll to back swim 5m ✓ Glide on side 3m, front crawl with PFD	Preschool 5

## Need Help Choosing the Right Level?

Ask a lifeguard about a Swim Evaluation at your next Leisure Swim at:

- Lawson Aquatic Centre
- Sandra Schmirler Leisure Centre
- North West Leisure Centre

## Ages 5+ (Swimmer Levels):

If your child is not able to perform the skills listed, register for level above.

If Your Child...	Register in:
✓ Is 5–12 & just starting out	Swimmer 1
✓ Is 8–14 & just starting out	Youth Swimmer 1
✓ Jump into deep water with PFD ✓ Tread water, submerge, exhale ✓ Front/back floats, flutter kick, front crawl	Swimmer 2 / Youth Swimmer 2 (8–14 years)
✓ Side entries with PFD ✓ Tread 15 sec, retrieve object ✓ Flutter/whip kick ✓ Swim 10m front/back crawl	Swimmer 3 / Youth Swimmer 3 (8–14 years)
✓ Kneeling dives, rolls, somersaults ✓ Tread 30 sec ✓ Swim 15m front/back crawl	Swimmer 4 / Youth Swimmer 4 (8–14 years)
✓ Swim to Survive (roll, tread 1 min, swim 50m) ✓ Dives, underwater swim ✓ 25m front/back crawl	Swimmer 5 / Youth Swimmer 5 (8–14 years)
✓ Dives, tuck jumps, eggbeater, scissor kick ✓ 25m breaststroke ✓ 50m front/back/head-up crawl ✓ 4x50m intervals	Swimmer 6 / Youth Swimmer 6 (8–14 years)

## Advanced Programs (Typically Age 10+):

If your child is 8+ and can perform the following skills:	Register in:
✓ Stride entries, compact jumps ✓ Legs only surface support for 45 sec ✓ 25m breaststroke ✓ 100m front crawl, back crawl and head up front crawl ✓ 300m workout	Rookie Patrol
✓ Front crawl, back crawl, and breaststroke over 50m each ✓ Timed 100m swims ✓ 350m workouts	Ranger Patrol
✓ Front crawl, back crawl, and breaststroke over 75m each ✓ 100m lifesaving medley ✓ Timed 200m swims	Star Patrol

**Adult Swimming Lessons are Available Too!**