

# Swim Transition Conversion Chart

Aquatic facilities across Canada are switching from the names of levels that you may already know to the Lifesaving Society standards. In assisting the transition, please refer to this chart when registering your child.



LIFESAVING SOCIETY®  
*The Lifeguarding Experts*

Starfish/Duck	→	Parent & Tot 1/2
Sea Turtle	→	Parent & Tot 3
Sea Otter	→	Preschool 1
Salamander	→	Preschool 2
Sunfish	→	Preschool 3
Crocodile	→	Preschool 4
Whale	→	Preschool 5
Swim Kids 1	→	Swimmer 1
Swim Kids 2	→	Swimmer 2
Swim Kids 3	→	Swimmer 3
Swim Kids 4/5	→	Swimmer 4
Swim Kids 6	→	Swimmer 5
Swim Kids 7	→	Swimmer 6
Swim Kids 8	→	Swimmer 7 (Rookie)
Swim Kids 9	→	Swimmer 8 (Ranger)
Swim Kids 10	→	Swimmer 9 (Star)

The Life Saving Society Swim for Life Program is a complete learn-to-swim program from Parent & Tot through to Leadership.

Program content is stroke and skill driven, entries and exits, surface support, underwater skills, swimming skills, fitness and Water Smart education.

The goal of The Life Saving Society is to prevent drowning across Canada.

Information on level descriptions are available on our website at [www.arnprior.ca](http://www.arnprior.ca).

Don't know what level to register your child in?  
Contact the Nick Smith Centre for support.

**Dates and times for the winter session will be open for viewing online in December and registration will be January 4th, 2023.**



## 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>Previously in Red Cross Swim:</b>	<b>Previously in YMCA:</b>
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	<b>Parent &amp; Tot 1</b>	Starfish	Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	<b>Parent &amp; Tot 2</b>	Duck	Bubblers
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	<b>Parent &amp; Tot 3</b>	Sea Turtle	Bobbers
Is 3 to 5 years and just starting out on his or her own... If 5 years+...	<b>Preschool 1</b> <b>Swimmer 1</b>	Sea Otter	Bobbers
Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet... If 5 years+...	<b>Preschool 2</b> <b>Swimmer 1</b>	Salamander	Floater
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec.... If 5 years+...	<b>Preschool 3</b> <b>Swimmer 1</b>	Sunfish	Gliders Divers
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back... If 5 years+...	<b>Preschool 4</b> <b>Swimmer 1</b>	Crocodile	Surfers
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side... If 5 years+...	<b>Preschool 5</b> <b>Swimmer 2</b>	Whale	Dippers

<b>If your child....</b>	<b>Register in Lifesaving Society:</b>	<b>Previously in Red Cross Swim:</b>	<b>Previously in YMCA:</b>
Is 5 to 12 years and just starting out...	<b>Swimmer 1</b>	Swim Kids 1	Otter
Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...	<b>Swimmer 2</b>	Swim Kids 2	Seal
Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back...	<b>Swimmer 3</b>	Swim Kids 3	Dolphin Swimmer
Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl...	<b>Swimmer 4</b>	Swim Kids 4 Swim Kids 5	Star 1
Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m...	<b>Swimmer 5</b>	Swim Kids 6	Star 2
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m...	<b>Swimmer 6</b>	Swim Kids 7	Star 3
Can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout...	<b>Swimmer 7 / Rookie Patrol</b>	Swim Kids 8	Star 4
Preferred successful completion – Swimmer 7 / Rookie Patrol	<b>Swimmer 8 / Ranger Patrol</b>	Swim Kids 9	Star 5
Preferred successful completion – Swimmer 8 / Ranger Patrol	<b>Swimmer 9 / Star Patrol</b>	Swim Kids 10	Star 6
Preferred successful completion – Swimmer 9 / Star Patrol	<b>Bronze Star</b>		Master Swimmer