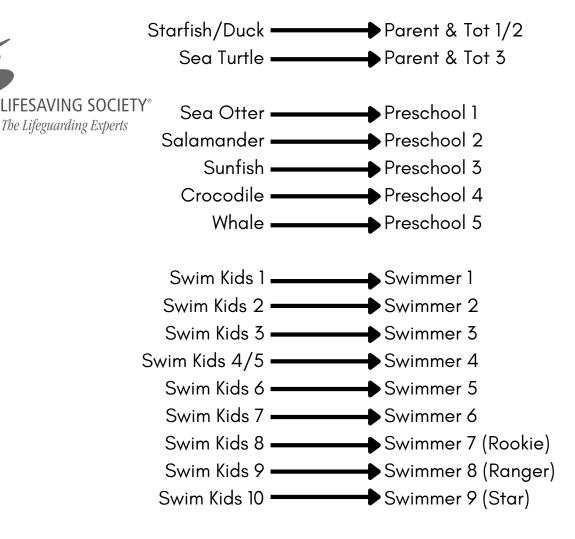
## **Swim Transition Conversion Chart**

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



The Life Saving Society Swim for Life Program is a complete learn-toswim 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.

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.

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

If your child	Register in Lifesaving Society:	Previously in Red Cross Swim:	Previously in YMCA:
Is 5 to 12 years and just starting out	Swimmer 1	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	Swimmer 2	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	Swimmer 3	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	Swimmer 4	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	Swimmer 5	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	Swimmer 6	Swim Kids 7	Star 3
Can do stride entries and compact jumps; legsonly surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout	Swimmer 7 / Rookie Patrol	Swim Kids 8	Star 4
Preferred successful completion – Swimmer 7 / Rookie Patrol	Swimmer 8 / Ranger Patrol	Swim Kids 9	Star 5
Preferred successful completion – Swimmer 8 / Ranger Patrol	Swimmer 9 / Star Patrol	Swim Kids 10	Star 6
Preferred successful completion – Swimmer 9 / Star Patrol	Bronze Star		Master Swimmer