



Swim Program Registration Chart

If your child is 4 months to 3 years old ...	Register in:	Previously registered in New Red Cross
And ready to learn to swim and enjoy the water with a parent...	Parent & Tot	Starfish, Duck or Sea Turtle
If your child is 3 to 4 years old and ...	Register in:	Previously registered in New Red Cross
Is just starting out on his or her own or participated in Parent & Tot ...	Preschool A	Sea Turtle
Can get in and out alone, jump into shallow water, float and glide in a PFD on front and back, blow bubbles and get face wet...	Preschool B	Salamander
Can get in and out alone, jump into shallow water, submerge and exhale underwater, & with a buoyant aid move through the water on front & back...	Preschool C	Sunfish
Can jump into chest-deep water & deep water wearing a PFD; recover objects from the bottom; move through water on front & back, & while wearing a PFD...	Preschool D	Crocodile
Can do solo jumps into deeper water and get out by themselves; surface support by themselves; and swim 3 - 5 m on front and back...	Preschool E	Whale
If your child is 5 years or older ...	Register in:	Previously registered in New Red Cross
Is new to lessons and just starting out or requires assistance to float...	Swimmer 1	Swim Kids 1
Can jump into water with & without a PFD; open eyes and exhale underwater, get objects off the bottom, float & move through the water on front & back...	Swimmer 2	Swim Kids 1
Can jump into deeper water; fall sideways into water wearing a PFD; support self at the surface without an aid; do whip kick; & swim 10-15m on front & back...	Swimmer 3	Swim Kids 2 or 3
Does cannonballs, dives & rolls into deep water; can tread water; swim underwater; swim front & back crawl; & can do endurance swims of 25-50m...	Swimmer 4	Swim Kids 4 or 5
Can do dives & stride entry; eggbeater kick; foot-first surface dives; front & back crawl; whip kick; breaststroke arms while breathing; and endurance swims of 50-100m...	Swimmer 5	Swim Kids 6
Can do shallow dives; eggbeater kick; foot-first sculling; surface dives with underwater swim; front & back crawl & breaststroke over 50 m; sprint 25m; & endurance swims of 100-200m...	Swimmer 6	Swim Kids 7
Can do compact jumps; eggbeater kick for 1 min.; head-up front crawl or breaststroke over 25m; 100m front crawl, back crawl, & breaststroke; & endurance swims 200-300m...	Swim Patrol	Swim Kids 8, 9 & 10
For 14 years and older ...	Register in:	Previously registered in New Red Cross
Whether you're just starting out or just want help with your strokes, our Teen & Adult Swim is the program for you! Set your own goals - learn to swim, or improve your current swimming ability and water fitness. You'll develop water confidence and smooth recognizable strokes. We incorporate Lifesaving Society Water Smart education.	Teen & Adult Swim	AquaAdults