

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; legs-only 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