









It's not a fail!

Some projects take more time to complete. From Sea Otter up to Level 10, skills must be mastered as the building blocks for the next level. These charts show common challenges that bring kids back for more practice before moving to the next level

| Level | Age | Challenging skills that need to be mastered in each level |
|--|-----------------------------|---|
| STARFISH  | 4 - 12 months (with adult) | Orientation to water for babies between the ages of 4-12 months old, assisted by their parent/caregiver. To enter this level, babies must be able to hold their head up . This is a participation-based level only, without formal evaluation. This is a great opportunity for parents and babies to learn how to have fun and stay safe in and around the water. |
| DUCK  | 12 - 24 months (with adult) | Orientation to water for toddlers aged 12-24 months with their parent/caregiver. Age is the only condition for entering this level regardless of swimming experience. This is a participation-based level only, without formal evaluation; a great way to discover water through play. |
| SEA TURTLE  | 2-3 years (with adult) | Orientation to water for toddlers between the ages of 2-3 years old, assisted by their parent/caregiver. Age is the only condition for entering this level, regardless of swimming experience. This is a great opportunity for toddlers and caregivers to gain an understanding on how to safely play in and around water environments while having lots of fun. |
| SEA OTTER  | 3-6 years | Previous swimming experience is not required to enter Sea Otter; however, previous water play will help the swimmer have a more enjoyable experience. Toddlers must be 3 years old and are ideally toilet trained. Swimming skills are evaluated based on criteria and kids progress to the next level once all Sea Otter skills have been successfully demonstrated, such as general water comfort & submersion with breath control . |
| SALAMANDER  | 3-6 years | This level is packed with basic swim skills that are evaluated for completion; it is common for children to be working on this level for multiple sets of lessons to master basic kicking, back glides and roll over floats . If your swimmer was working on Salamander skills but is now 6 years old, then register in Level 1 Swim Kids. |
| SUNFISH  | 3-6 years | To enroll in this level, swimmers must have successfully completed all Salamander skills or be recommended through an assessment. Skills to learn include a 5-metre distance swim and deep-water recovery with front/back/roll-over swims . If your swimmer was working on Sunfish skills but is now 6 years old, then register in Level 2 Swim Kids. |
| CROCODILE  | 3-6 years | Swimmers enter this level after they have successfully mastered all Sunfish skills and are still under 6 years old (or be recommended through an assessment). Skills to learn include 10-metre distance swim and side glides . If your swimmer was working on Crocodile skills but is now 6 years old, then register in Level 2 Swim Kids. |
| WHALE  | 3-6 years | Swimmers enter this level after they have successfully completed Crocodile and are still under 6 years old (or be recommended through an assessment). Skills to learn include a 15-metre distance swim and 10-metre side glides which prove to be challenging in Swim Kids Level 3. If your little swimmer was working on Whale skills but is now 6 years old, then register in Level 2 Swim Kids. |



Swimming is like a craft.

It's not a fail if you need more time to practice the skill - some projects take more time to complete. Register for levels as recommended by an instructor. Free assessments can be arranged if you are not sure what level to register in.

| Level | Skills to Master |
|---------------------------|--|
| SWIM KIDS LEVEL 1 | This is the entry level for kids aged 6 years and up with little to no swimming experience. This level provides an orientation to the water and the pool. It introduces floats and glides, basic kicking and builds to a 5-metre swim with face in . Note, older children with no swimming experience may prefer private lessons until they are able to join group classes within a common age group. |
| SWIM KIDS LEVEL 2 | A second orientation level helping children build their skills for front and back swims. Swimmers are introduced to deep water activities and proper use of a Personal Flotation Device (PFD). Endurance is built on basic flutter kicking, roll over glides and a 10-metre swim . |
| SWIM KIDS LEVEL 3 | This level provides an orientation to deep water, an introduction to front crawl, and a foundation for making wise choices on where and when to swim. Diving is introduced and children will work on various surface support techniques, side glides and 15-metre swim . |
| SWIM KIDS LEVEL 4 | The front crawl, back glide and shoulder roll for back crawl are further developed in this level. Swimmers work on kneeling dives, surface support and developing a greater sense of self-safety. Endurance is developed through a front/side combo drill and a 25-metre swim . |
| SWIM KIDS LEVEL 5 | Back crawl is introduced, along with sculling skills and whip kick on the back. Children try stride dives and receive an introduction to safe boating skills. Endurance is developed through the dolphin kick and a 50-metre swim . Front crawl breathing continues to be refined. |
| SWIM KIDS LEVEL 6 | Front and back crawl continue to be refined as the elementary backstroke is newly introduced. Children are also introduced to safety on ice, elementary rescue of others with throwing assists, treading water and the front dive. Endurance is built through a 75-metre swim, and increased distances for all strokes . |
| SWIM KIDS LEVEL 7 | Continue building skills and endurance for front crawl, back crawl and elementary back stroke . It also introduces whip kick on your front and kids learn about airway and breathing obstructions. Endurance is built through timed treading water, and a 150-metre swim . |
| SWIM KIDS LEVEL 8 | Introduction to breast stroke , foot first surface dives and rescue entries. Kids learn about the dangers of open water, hypothermia and perform rescue breathing on manikins for adult and child rescues. Endurance is built on the dolphin kick and a 300-metre swim, and increased distances for all strokes . |
| SWIM KIDS LEVEL 9 | Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. In this level children are encouraged to try combining different strokes and kicks for fitness. They also work on head-first shallow dives, standing dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400-metre swim . |
| SWIM KIDS LEVEL 10 | Further refinement of strokes , with an introduction to butterfly and scissor kick as a warm-up/cool down stroke for fitness. Children learn about sun safety, rescue of others from the ice and head-first and feet-first shallow dives. Endurance is built using dolphin kick and butterfly drills and a 500-metre swim . This level concludes the Swim Kids program. |

