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| **Lifesaving Society Swim Chart** |
| If your child… | **Register in LSS Swim Program** | **Coming from Red Cross** |
| **Parent & Tot****3 months-3 years** | Is 3 to 12 months old and ready to learn to enjoy the water with a parent | Parent & Tot 1 | Starfish |
| Is 12 to 24 months old and ready to learn to enjoy the water with a parent | Parent & Tot 2 | Duck |
| Is 2 to 3 years old and ready to learn to enjoy the water with a parent | Parent & Tot 3 | Sea Turtle |
| **Preschool 3-5 years** | Is 3 to 5 years old and just starting out on their own | Preschool 1 | Sea Turtle |
| Able to get in and out of the pool independently, jumps into shallow water, will float and glide in a PFD on their front & back, blows bubbles and opens eyes under water... | Preschool 2 | Salamander |
| Able to get in and out on their own, jumps into shallow water on their own, submerges and exhales under water, and with a buoyant aid will move through the water on their front and back... | Preschool 3 | Sunfish |
| Able to jump into chest-deep water and deep water wearing a PFD, recovers objects from the bottom, and moves through the water on their front and back, while wearing a PFD.... | Preschool 4 | Crocodile |
| Able to do solo jumps into deeper water and get out by themselves; surface support by themselves, and swims 3-5m on front and back | Preschool 5 | Whale |
| **Youth****5-12 years** | Is 5 to 12 years old and is just starting out, or is coming up from Preschool 3 | Swimmer 1 | Level 1 |
| Able to jump into the water with and without a PFD, opens their eyes and exhales underwater, obtains objects off the bottom, and floats and moves through the water on their front and back... | Swimmer 2 Beginner | Level 1 |
| Has taken Swimmer 2 but has not completed all of the swim requirements | Swimmer 2 Advanced | Level 1 |
| Able to jump into deeper water, fall sideways into the water wearing a PFD, supports themselves at the surface without an aid, perform whip kick, and swims 15 to 25 m on their front and back... | Swimmer 3 | Level 2/3 |
| Able to complete the Canadian Swim to Survive Standard: Roll – Tread (1 minute) – Swim (50m), handstands and kneeling dives, and which kick on their back… | Swimmer 4 | Level 4/5 |
| Will do dives and stride entries, can do eggbeater kick, foot-first surface dives, front and back crawl, whip kick, and breaststroke arms with breathing, and an endurance swim of 50 to 100 m... | Swimmer 5 | Level 6 |
| Can do shallow dives, eggbeater kick, foot-first sculling, surface dives with underwater swim, front and back crawl, breaststroke over 50 m, 25 m sprints and endurance swims of 100 to 200 m... | Swimmer 6 | Level 7 |
| Is able to do compact jumps, eggbeater kick for 1 minute, heap-up front crawl or breaststroke over 25 m, 100 m front crawl, back crawl, and breaststroke, and an endurance swim of 200 to 300 m... | Swim Patrol - Swimmer 7 – Rookie | Level 8 |
| Preferred successful completion – Rookie | Swimmer 8 –Ranger | Level 9 |
| Preferred successful completion – Ranger | Swimmer 9 –Star | Level 10 |
| Is ready for the first step in the Lifesaving Society’s National Bronze Levels…Preferredsuccessful completion – Star | Bronze Star |
| **Youth 8-15****years** | Interested in building on fitness skills, including endurance, interval training & pacing, learning the fundamentals of lifesaving sport skills, and has completed at least Swimmer 3. | Swim TeamLifesaving Sport |