

Swimming Lesson Comparison Chart

Program Descriptions

Before you register, check this guide for the right level.

If your child...	Previously in Red Cross Swim	Register in Lifesaving Society	If your child...	Previously in Red Cross Swim	Register in Lifesaving Society
Is 4 to 12 months old and ready to learn to enjoy the water with a parent.	Starfish	Parent & Tot 1	Can complete the Canadian Swim to Survive Standard Roll - Tread (1 minute) - Swim (50 m); handstands and kneeling dives, and whip kick on their back.	Completed Swim Kids 4/5	Swimmer 4
Is 12 to 24 months old and ready to learn to enjoy the water with a parent.	Duck	Parent & Tot 2	Can do dives, swim underwater, tread water for 2 minutes, 25 m of front and back crawl; whip kick on front; breast-stroke arms with breathing; and interval training of 4 x 25m.	Completed Swim Kids 6	Swimmer 5
Is 2 to 3 years old and ready to learn to enjoy the water with a parent.	Sea Turtle	Parent & Tot 3	Can do shallow dives and cannonballs; stationary eggbeater kick, 50 m of front and back crawl, breaststroke for 15 - 25 m; sprint 25m; interval training of 4 x 50m.	Completed Swim Kids 7	Swimmer 6
Is 3 to 5 years and just starting on his/her own.	Sea Otter	Preschool 1	Can do stride entries and compact jumps; eggbeater kick & scissor kick; sprint breast-stroke over 25m; and a workout of 300m.	Completed Swim Kids 8	Swim Patrol: Rookie
Is 3 to 5 years and can get in and out alone, jump into chest deep water assisted, float and glide in a PFD on front and back, blow bubbles and get face wet.	Salamander	Preschool 2	Can swim carry a 5 lb weight 15m, swim 300 minutes continuously; head and foot-first surface dives; shallow dives.	Completed Swim Kids 9	Swim Patrol: Ranger
Can get in and out alone, jump into chest deep water, submerge & exhale underwater, and float on front back assisted for 3-5 seconds.	Sunfish	Preschool 3	Can do eggbeater; swim 75 m of front crawl, back crawl and breast stroke; support a 5 lb object for 1 min; complete a 350 m workout.	Completed Swim Kids 10	Swim Patrol: Star
Can jump into deep water wearing a PFD; recover objects from the bottom, hold their breath underwater float and glide on front & back.	Crocodile	Preschool 4	Preferred successful completion of Swim Patrol: Star; 10 years or older, swim 400 meters; eggbeater; surface dives; head up swimming.		Bronze Star
Can do solo jumps into deep water and get out by themselves, swim front crawl 3 - 5 m and do flutter kick on their front, back and side.	Whale	Preschool 5	Can swim 25 meters continuously and would like to focus on improving their stroke's technique and endurance.		Stroke Improvement
Is 5 to 12 years and passed Preschool 5 or has never taken a swimming lesson.	Whale	Swimmer 1	Can swim 25 meters continuously and is looking for a mental and physical challenge with introduction to lifesaving rescue and sport. Excellent preparation to become a Lifeguard.		Lifesaving Sport Fundamentals
Can jump into the water with and without a PFD; open eyes, hold breath, and exhale underwater, float, kick & glide on front and back.	Completed Swim Kids 1	Swimmer 2	Is 12 or older and has never taken swimming lessons.		Adult 1
Can jump into deeper water, roll sideways into water wearing PFD; support self at the surface without an aid, do whip kick in the vertical position, and swim 10 - 15 m on front and back.	Completed Swim Kids 2/3	Swimmer 3	Is 12 or older and can float independently, swim 10-15 meters, jump into deep water and tread water for 30 seconds.		Adult 2/3