

Lifesaving Society Swim Chart - Swim Program Registration

If your child...	Register in LSS Swim Program	Previously in Red Cross Swim	Previously in YMCA
Is 3 to 12 months old and ready to learn to enjoy the water with a parent	Parent & Tot 1	Starfish	Continuing L'il Dippers: Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with a parent	Parent & Tot 2	Duck	Continuing L'il Dippers: Bobbers
Is 2 to 3 years old and ready to learn to enjoy the water with a parent	Parent & Tot 3	Sea Turtle	Continuing L'il Dippers: Bobbers
Is 3 to 5 years old and just starting out on their own	Preschool 1	Sea Turtle	Continuing L'il Dippers: Bobbers
Able to get in and out of the pool independently, jumps into shallow water, will float and glide in a PFD on their front and back, blows bubbles and opens eyes under water...	Preschool 2	Salamander	Continuing L'il Dippers: Bobbers
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	Continuing L'il Dippers: Floaters
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	Continuing L'il Dippers: Floaters
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	Continuing L'il Dippers: Floaters
Is 5 to 12 years old and is just starting out	Swimmer 1 Completed Preschool A,B,C, D	Level 1	Continuing L'il Dippers: Floaters/Learn to Swim I: Otters
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 Completed Preschool E	Level 1	Completed L'il Dippers: Divers/Learn to Swim II: Seal
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	Completed Learn to Swim IV: Swimmer
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	Completed Star 1
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	Completed Star 2
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	Completed Star 3
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	Completed Star 4
Preferred successful completion – Rookie	Swimmer 8 – Ranger	Level 9	Completed Star 5
Preferred successful completion – Ranger	Swimmer 9 – Star	Level 10	Completed Star 6
Preferred successful completion – Star	Bronze Star		Completed Master Swimmer