

This chart is guidance on Lifesaving Society Swim for Life program conversions, or request a swim assessment

If your child is under 3 years of age:	Completed Red Cross Swim Level:	Then Register in Lifesaving Society's:
Is 4-12 months old and ready to learn and enjoy the water with parents	Starfish	P&T 1 - Jellyfish (4 – 12 months)
Is 13- 24 months old and ready to learn and enjoy the water with parents	Duck	P&T 2 - Goldfish (12 – 24 months)
Is 2-4 years old and ready to learn and enjoy the water with parents	Sea turtle	P&T 3 - Seahorse (2 – 3 years)
If your child is 3-5 years old and can:	Completed Red Cross Swim Level:	Then register in Lifesaving Society's:
Is 3-5 years and starting lessons on their own	no lessons	PS 1 - Octopus
<input type="checkbox"/> Jump into chest-deep water assisted <input type="checkbox"/> Float and glide on front assisted <input type="checkbox"/> Blow bubbles and get face wet unassisted <input type="checkbox"/> Float and glide on back assisted	Sea Otter	PS 2 - Crab
<input type="checkbox"/> Jump into chest deep water unassisted <input type="checkbox"/> Submerge and exhale underwater 3 times <input type="checkbox"/> Roll from front to back & back to front with a PFD on <input type="checkbox"/> Kick on front for 5m	Salamander	PS 3 - Orca
<input type="checkbox"/> Jump into deep water with a PFD <input type="checkbox"/> Hold breath underwater for 3 seconds <input type="checkbox"/> Float on front and back for 5 seconds unassisted <input type="checkbox"/> Glide on front and back unassisted	Sunfish	PS 4 - Sea Lion or Swimmer 1 if 6 yrs.+
<input type="checkbox"/> Jump into deep water and swim to edge <input type="checkbox"/> Side glide for 3m <input type="checkbox"/> Pick up a ring from the bottom of the pool <input type="checkbox"/> Flutter kick on front and back 7m	Crocodile or Whale	PS 5 - Narwhal or Swimmer 2 if 6 yrs.+
If your child is 6 years of age or older and can:	Completed Red Cross Swim Level:	Then register in Lifesaving Society's:
Is 6-12 years old with no previous lesson experience Is 6-12 years old with some lesson experience	Swim Kids 1, Sea Otter, Salamander or Sunfish	Swimmer 1
<input type="checkbox"/> Jump into chest-deep water unassisted and into deep water in a PFD <input type="checkbox"/> Open eyes, exhale and hold breath underwater <input type="checkbox"/> Float, kick and glide on front and back	Swim Kids 2, Crocodile or Whale	Swimmer 2
<input type="checkbox"/> Jump into deep water and do a sideways entry wearing a PFD <input type="checkbox"/> Surface support for 15 sec <input type="checkbox"/> Front and back crawl for 10m each	Swim Kids 3 or 4	Swimmer 3
<input type="checkbox"/> Surface support for 30 sec <input type="checkbox"/> Kneeling dive and somersaults <input type="checkbox"/> Whip kick on back <input type="checkbox"/> Front and back crawl 15m	Swim Kids 5	Swimmer 4
<input type="checkbox"/> Complete swim to survive challenge: Roll-tread(1min)-Swim(50) <input type="checkbox"/> Standing dive <input type="checkbox"/> Swim underwater <input type="checkbox"/> Whip kick on front 15m	Swim Kids 6	Swimmer 5
<input type="checkbox"/> Shallow dive and cannonball <input type="checkbox"/> Eggbeater and scissor kick <input type="checkbox"/> Front and back crawl 50m <input type="checkbox"/> breaststroke 25m <input type="checkbox"/> Sprint 25m	Swim Kids 7	Swimmer 6
<input type="checkbox"/> Stride entry and compact jumps <input type="checkbox"/> Legs only surface support 45sec. <input type="checkbox"/> Back and front crawl 100m <input type="checkbox"/> Head-up front crawl <input type="checkbox"/> 300m workout	Swim Kids 8	Swimmer 7 - Rookie Patrol
	Swim Kids 9	Swimmer 8 - Ranger Patrol
	Swim Kids 10	Swimmer 9 - Star Patrol