

ENROLLING NEW PARTICIPANTS INTO RED CROSS SWIM PROGRAMS

Program Level Registration Guide

Participant Requirements	Level
4 to 6 months of age or older, able to hold their head up, and participating with a parent or caregiver	Red Cross Swim Preschool - Starfish
18 months of age or older, and participating with a parent or caregiver, perform a front, back, vertical position (with assistance), move forward, backward, and use arms (with assistance)	Red Cross Swim Preschool - Duck
30 months of age or older, and participating with a parent or caregiver, move forward backwards assisted, front, back floats and recovery assisted and uses buoyant objects for support	Red Cross Swim Preschool – Sea Turtle
3 years of age or older, and just starting out, previous lessons not necessary	Red Cross Swim Preschool – Sea Turtle
3-5 years and can comfortably move and float with assistance, and put their face in the water	Red Cross Swim Preschool – Salamander
Can enter shallow water safely; float and glide on the front and back without assistance; move around in a PFD, perform rhythmic breathing 3 times	Red Cross Swim Preschool – Sunfish (if ages 3-5) or Red Cross Kids Level 1
Can jump into chest deep water, do front and back floats and recover and swim on front for 2 metres	Preschool – Crocodile Red Cross Swim Kids Level 1
Can float/front and back, exhale through mouth and nose; flutter kick while gliding on front and back; swim 5 metres continuously	Red Cross Swim Preschool – Whale Red Cross Swim Kids Level 2
Deep water activities; can breathe rhythmically 10 times; glides front/back with kick for 5m, and swim 10 metres continuously	Red Cross Swim Kids Level 3
Can swim front crawl at least 5 metres, arms recovering above water; and swim 15 metres continuously	Red Cross Swim Kids Level 4
Can surface support 45 seconds; swim front crawl at least 10 metres; swim on back with kick 10 metres; swim 25 metres continuously	Red Cross Swim Kids Level 5
Can swim front and back crawl at least 15 metres; perform the whip kick on back at least 5 metres; perform kneeling dive and swim 50 metres continuously	Red Cross Swim Kids Level 6

Participant Requirements	Level
Can swim front crawl and back crawl at least 25 metres; swim coordinated elementary backstroke at least 15 metres; and swim 75 metres continuously	Red Cross Swim Kids Level 7
Can swim front crawl and back crawl at least 50 metres; swim elementary backstroke 25 metres; whip kick on front 15 metres; and swim 150 metres continuously	Red Cross Swim Kids Level 8
Can swim front crawl and back crawl at least 75 metres; swim elementary backstroke and breaststroke at least 25 metres; swim head first sculling on back 10 metres; perform a stride jump; swim 300 metres continuously	Red Cross Swim Kids Level 9
Can swim front crawl and back crawl at least 100 metres; swim elementary backstroke and breaststroke 25 metres; swim 400 metres continuously	Red Cross Swim Kids Level 10
Are an adolescent or adult interested in participating in a swimming and Water Safety program, based on their own abilities, interests and goals	AquaAdults 1, 2 or 3