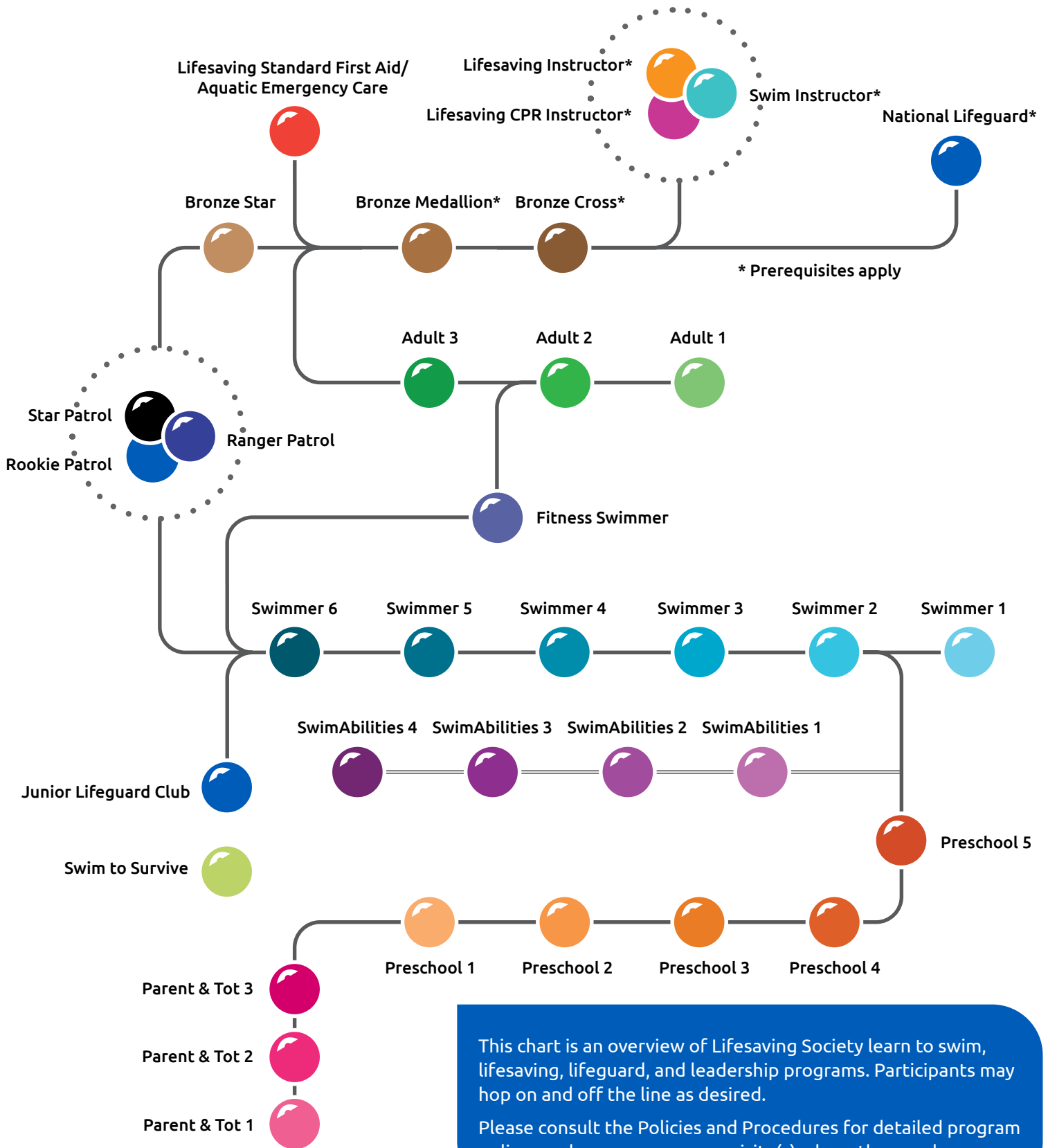


Swim Program Continuum



LIFESAVING SOCIETY®
The Lifeguarding Experts



This chart is an overview of Lifesaving Society learn to swim, lifesaving, lifeguard, and leadership programs. Participants may hop on and off the line as desired.

Please consult the Policies and Procedures for detailed program polices and necessary pre-requisite(s) where they apply.

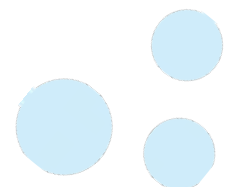
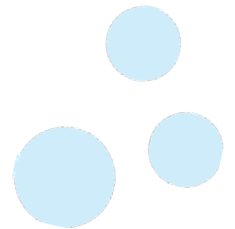
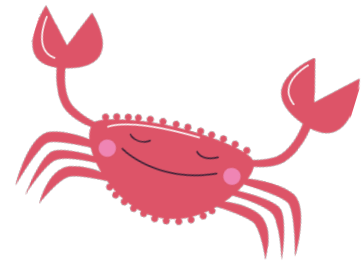
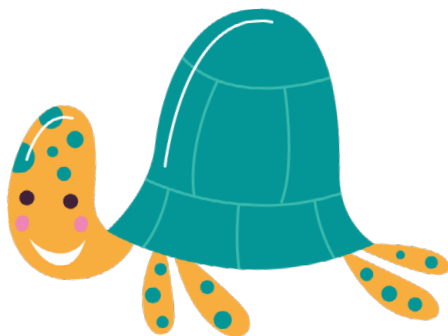
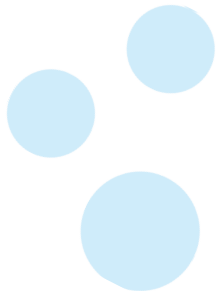
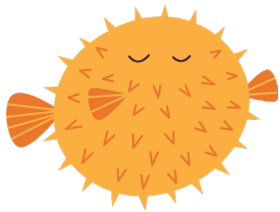
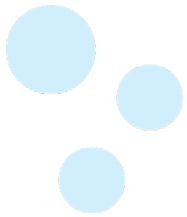
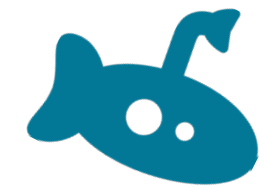
Transition Charts & Skills Screening

The transition charts and skills screening section provides guidance in figuring out which level to register in when entering Lifesaving Society learn to swim programs.

Transition charts for swimmers coming from the Canadian Red Cross' learn to swim program are included, as well as a screening tool to determine which Lifesaving Society level is best suited to the swimmers current skills.

Swim Preschool - Parent and Tot / Preschool

What was the last level you completed? Register next in...



Starfish	Parent & Tot 1
Duck	Parent & Tot 2
Sea Turtle	Parent & Tot 3
Sea Otter	Preschool 1
Salamander	Preschool 2
Sunfish	Preschool 3
Crocodile	Preschool 4
Whale	Preschool 5
	Swimmer 1 or 2 (if 5 years old)

Swim Kids - Swimmer / Canadian Swim Patrol

What was the last level you completed? Register next in...

Swim Kids 1	Swimmer 1
Swim Kids 2	Swimmer 2
Swim Kids 3	Swimmer 3
Swim Kids 4	Swimmer 3
Swim Kids 5	Swimmer 4
Swim Kids 6	Swimmer 5
Swim Kids 7	Swimmer 6
Swim Kids 8	Canadian Swim Patrol
Swim Kids 9	
Swim Kids 10	Bronze Star*

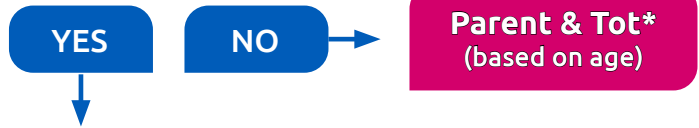
If you are unsure of which level to register in, contact your local swim program provider for more information or to book a skills screening.

**Bronze Star is an intermediate lifesaving program. For more information, contact your local aquatic program provider or visit LifeSaving.org.*

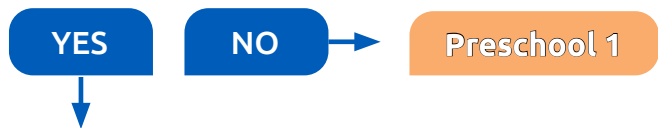
4 Months - 5 Years Skills Screening

What can you do in the water?

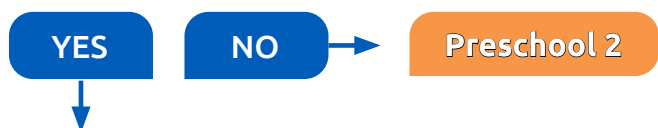
Are you 3-5 years of age?



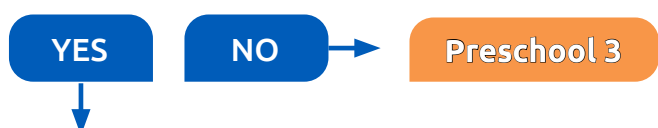
Can you get your face wet and float on your front and back with assistance?



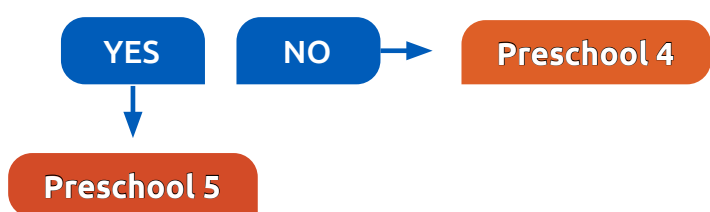
Can you flutter kick on your back with a buoyant aid?



Can you kick on your front and back?



Are you comfortable in deeper water and can swim 5 meters?

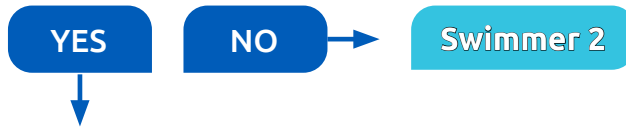


** If your child is under 3 years old, register in Parent & Tot classes.
When your child is 3 years old, consider registering them in Preschool levels.*

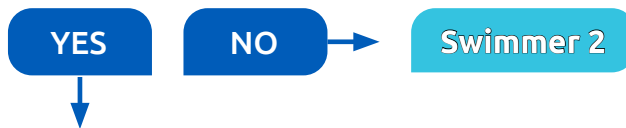
6 - 12 Years Skills Screening

What can you do in the water?

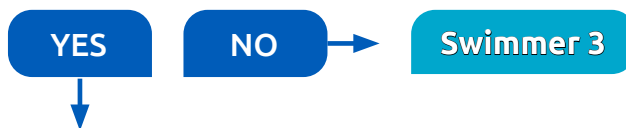
Can you get your face wet, float on your front, back, and side, and flutter kick?



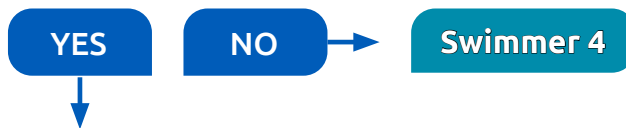
Can you swim front crawl and back crawl for 10 meters?



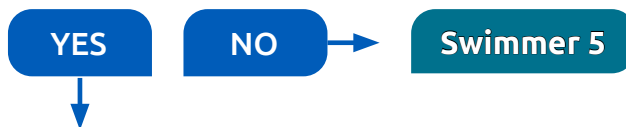
Can you swim front crawl and back crawl for 15 meters, and whip kick for 10 meters?



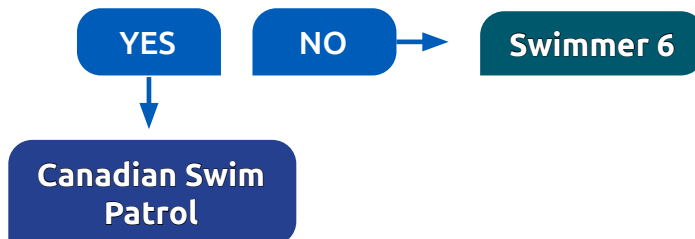
Can you swim front crawl and back crawl for 25 meters?



Can you swim breaststroke for 25 meters?



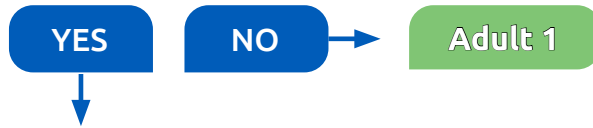
Can you swim 300 meters continuously?



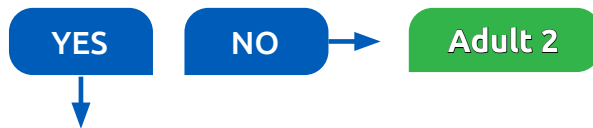
13+ Years Skills Screening

What can you do in the water?

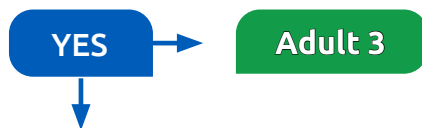
Are you comfortable in the water and can you swim 10 meters on your front or your back?



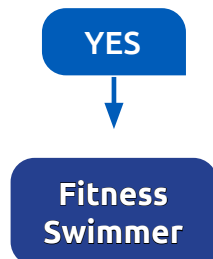
Can you whip kick, front crawl, or back crawl 25 meters?



Are you interested in improving your strokes and swim skills and want to swim farther?



OR: Are you a good swimmer who wants to learn for fitness?





LIFESAVING SOCIETY®

The Lifeguarding Experts