









SWIM *levels*



LEVEL

DESCRIPTION

Jellyfish 	<ul style="list-style-type: none"> • Ages 4 to 12 months old, can hold their head up and is ready to learn to enjoy the water • Assisted by adult
Goldfish 	<ul style="list-style-type: none"> • Ages 12 to 24 months old and ready to learn to enjoy the water • Assisted by adult
Seahorse 	<ul style="list-style-type: none"> • Ages 2-3 years old and ready to learn to enjoy the water • Assisted by adult
Octopus 	<ul style="list-style-type: none"> • Ages 3 to 6 years • This is where your toddler learns swimming skills in a small class without their grown-up for the first time! This level introduces assisted floats & glides, blowing bubbles with faces in, and jumping into chest deep water.
Crab 	<ul style="list-style-type: none"> • Ages 3 to 6 years • For those that have earned their Preschool 1 badge. Crab skills include submersion with breath control, as well as swimming with buoyant aids.
Orca 	<ul style="list-style-type: none"> • Ages 3 to 6 years • For those that have earned their Preschool 2 badge. Orca's practice floating, gliding and kicking all by themselves (with-out aids). Challenges are roll over floats with 3 meter swim (unassisted) and comfort levels in the main pool.
Sea Lion 	<ul style="list-style-type: none"> • Ages 3 to 6 years • For those who have earned their Preschool 3 badge; these Sea Lions will be practicing skills in the main pool, in areas where swimmers may not be able to touch the bottom.
Narwhal 	<ul style="list-style-type: none"> • Ages 3 to 6 years • For those who have earned their Preschool 4 badge; these swimmers do solo jumps into deep water, swim front crawl, and flutter kick on front, back and side without aid. Narwhals move directly into Swimmer 2 when they are 6 years old.

For your child's safety and comfort, register in levels as recommended by an instructor.
 Free assessments can be arranged if you are not sure what level to register in.
 Contact 604-485-8908 for more information or to set up an assessment.

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DESCRIPTION

Swimmer 1	Ages 6 to 12 years, beginning swimming lessons
Swimmer 2	Ages 6 to 12 years, who have completed Swimmer 1 or Preschool 4. Learns to tread and jump into deep water, develops kicking skills and is introduced to front crawl.
Swimmer 3	Ages 6 to 12 years, who have completed Swimmer 2 or can perform 10 meters of front crawl. Learns whip kick and headfirst entries such as dives and somersaults into deep water.
Swimmer 4	Ages 6 to 12 years, who have completed Swimmer 3 or can perform 15 meters of front and back crawl. Practices the swim to survive standard and learns components of breaststroke.
Swimmer 5	Ages 7 to 13 years, who have completed Swimmer 4 or can perform 25m of front and back crawl and can complete the swim to survive standard [roll entry + 1 min. tread + 50m swim]. Learns to complete 25m of breaststroke.
Swimmer 6	Ages 8 to 14 years who can demonstrate swimmer 5 skills and can perform dives, stride entries and compact jumps into deep water. Develops lifesaving kicks such as eggbeater and scissor kick, and interval trains a 300m workout developing stroke strength and endurance.
Rookie Patrol	Ages 8 to 14 years; will perform legs-only surface support for 45 sec.; sprint 25m breaststroke; swim 100m of front crawl and back crawl and sustain a 350m workout. Swimmers develop individual fitness to meet a timed 100m swim.
Ranger Patrol	Ages 8 to 14 years; will learn lifesaving sport skills and further their stroke efficiency through drills. Eggbeater kick and increased fitness levels are developed to meet a 200m timed swim under 6 minutes. First aid focuses on unconscious victims and obstructed airway procedures.
Star Patrol	Ages 8 to 15 years are challenged with a 300m timed swim under 9 minutes, 600m workout and a 25m object carry. Lifesaving skills include use of rescue aids, defense methods, victim removals and supporting a victim in shallow water. First aid focuses on treatment of bone or joint injuries and respiratory emergencies.
Next steps	Those aged 13+ years may continue their lifesaving and leadership training in the Bronze Medal programs. Lifeguard training includes the following mandatory courses: Bronze Medallion, Bronze Cross, Standard First Aid, & National Lifeguard. Those interested in becoming swim instructors must complete the Bronze Cross first.

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