



| Level | Age | In this level... |
|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Red Cross Swim Preschool Starfish</p>  | 4-12 months | <p>Requirement: babies must be able to hold their head up</p> <ul style="list-style-type: none"> Orientation to water for babies and their parent/caregiver. The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parents/caregiver age specific water safety. This level is participation-based only, without formal evaluation. |
| <p>Red Cross Swim Preschool Duck</p>  | 12-24 month | <p>Requirement: 12-24 month old.</p> <ul style="list-style-type: none"> Orientation to water for toddlers and their parent/caregiver. Swimmers learn how to use floating objects for support and explore different water movements through games, song and active water play. The parent/caregiver also learns age-specific water safety This level is participation-based only, without formal evaluation |
| <p>Red Cross Swim Preschool Sea Turtle</p>  | 24-36 month | <p>Requirements: 24-36 month of age.</p> <ul style="list-style-type: none"> Orientation to water for toddlers and their parent/caregiver. Swimmers learn, through fun games and songs, how to combine skills, how to kick with buoyant object and how to perform basic floats, glides and kicks. This level is participation-based only, without formal evaluation |
| <p>Red Cross Swim Preschool – Sea Otter</p>  | 3-5 years | <p>Requirements: at least 3 years of age.</p> <ul style="list-style-type: none"> Transitional level that transfers the preschooler to care of the instructor Using games and activities, swimmers learn to open their eyes under water, further develop basic floats and glides, and swim 1 meter. Swimmers are evaluated on performance criteria |
| | | |

| | | |
|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Red Cross Swim Preschool- Salamander</p>  | <p>3-5 years</p> | <p>Requirements: Successfully completing Sea Otter</p> <ul style="list-style-type: none"> ▪ Using games and activities, swimmers learn to swim 2 meters, further develop basic floats and increase their distance on front and back glide. Front swim and roll-over glides are also included, and swimmers learn appropriate water safety skills such as how to jump in chest deep water and how to use a Personal Floating Device (PFD) ▪ Swimmers are evaluated on performance criteria |
| <p>Red Cross Swim Preschool Sunfish</p>  | <p>3-6 years</p> | <p>Requirements : Successfully completing Salamander</p> <ul style="list-style-type: none"> ▪ Using games and activities, swimmers learn to swim 5 meters , increase their distance using buoyant objects, increase their front and back glides with kick, and develop their roll-over glide, side glide and front swim. Safety skills include deep-water skills and use a Personal Floating Device (PFD) ▪ Swimmers are evaluated on performance criteria |
| <p>Red Cross Swim Preschool Crocodile</p>  | <p>3-6 years</p> | <p>Requirements : Successfully completing Sunfish</p> <ul style="list-style-type: none"> ▪ Using games and activities, swimmers learn to swim 5 meters on their front, back and side. They also progress with kicking drills to increase their swimming distance to 10 meters. ▪ Safety skills include jumping into chest deep-water skills and performing support for 10 secondes, recognizing when a swimmer needs help and using Personal Floating Device (PFD) <p>Swimmers are evaluated on performance criteria</p> |
| <p>Red Cross Swim Preschool Whale</p>  | <p>3-6 years</p> | <p>Requirements : Successfully completing Crocodile</p> <ul style="list-style-type: none"> ▪ Through fun activities, swimmers perform a front and back swim for 10 meters. Swimmers work on developing flutter kick and perform a distance swim of 15 meters. ▪ Safety skills include identifying safe swimming areas, jumping into deep-water, surface support for 20 seconds a return to safety, throwing assist and sitting dives. ▪ Swimmers are evaluated on performance criteria |



| Level | In this level |
|---------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Red Cross Swim Kids Level 1 (sunfish) | Requirements: at least 5 years of age. Swimmers receive an orientation to water and pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5 meters front swim. |
| Red Cross Swim Kids Level 2 (crocodile) | Requirements: successful completion of skills in Level 1. Swimmers work on propulsion skills to move through the water and to remain at surface while doing front, back and side glides. Swimmers work on front swim, and learn about deep-water activities and the proper use of Personal Floating Device (PFD) Perform a 10 meters swim. |
| Red Cross Swim Kids Level 3 (Whale) | Requirements: Successful completion of skills in Level 2. Swimmers increase their distance on front, back and side glide with kick, increase distance on front and back swim, learn the sitting dive and will be able to swim 15 meters continuously upon completion of level |
| Red Cross Swim Kids Level 4 | Requirements: Successful completion of skills in Level 3 Swimmers learns back swim and front crawl (10m), work on flutter kick on back, perform kneeling dive, introduction to sculling and can swim 25 meters continuously. |
| Red Cross Swim Kids Level 5 | Requirements: Successful completion of skills in Level 4 Swimmers develop front crawl (15m), learn back crawl (15m) and whip kick on back, learn stride dive and treading water, perform head-first sculling on back, and swim 50 meters continuously |
| Red Cross Swim Kids Level 6 | Requirements: Successful completion of skills in Level 5 Swimmers increase their distance on front and back crawl (25m) , learn elementary back stroke and the dolphin kick. They also swim 75 meters continuously |
| Red Cross Swim Kids Levels 7 | Requirements: Successful completion of skills in Level 6 Swimmers increase their distance on front and back crawl (50m) and elementary back stroke (25m). They learn front scull and stride entry. Perform whip kick on front and the dolphin kick. They also swim 150 meters continuously |
| Red Cross Swim Kids Level 8 | Requirements: Successful completion of skills in Level 7 Front crawl, back crawl and elementary backstroke to be refined They learn breast stroke, eggbeater/tread water, feet-first surface dive and standing shallow dive. Swim 300 meters continuously |

| | |
|-----------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Red Cross Swim Kids Level 9 | Requirements: Successful completion of skills in Level 8 Front crawl, back crawl, elementary backstroke and breaststroke continue to be refined. Learn side stroke kick and head-first surface dive. Swim 400 meters continuously |
| Red Cross Swim Kids Level 10 | Requirements: Successful completion of skills in Level 9 Further refinement of strokes. They learn side stroke, dolphin kick (vertical), and feet- and head-first surface dives with underwater swim. Swim 500 meters continuously |



LIFESAVING SOCIETY®
The Lifeguarding Experts

Steps that you are required to take to become a certified lifeguard or swimming instructor:

| Becoming an Instructor | Becoming a Lifeguard |
|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Red Cross Learn to Swim Classes, Lifesaving, Leadership Classes Rookie, Ranger & Star</p> | |
| <p>Lifesaving Society Bronze Medallion and Emergency First Aid with CPR - Minimum age 13 or Completion of Bronze Star.</p> | |
| <p>Lifesaving Society Bronze Cross & Standard First Aid. Pre-requisites: Bronze Medallion and Emergency First Aid with CPR</p> | |
| <p>Red Cross Assistant Water Safety Instructor Pre-requisites: Bronze Medallion and Emergency First Aid with CPR - Minimum age 15</p> | <p>Lifesaving Society National Lifeguard Service (CLS) Pre-requisites: Minimum age 16 and Bronze Cross & Standard First Aid</p> |
| <p>Red cross and Lifesaving Society Instructor School Pre-requisites: Minimum age 16, AWSI Award and Current Bronze Cross or NLS</p> | |
| <p>Standard First Aid with Level "C" CPR & Automated External Defibrillation (AED) Training</p> | |

If you have any questions about the steps or courses needed to become a lifeguard or swimming instructor please contact Amanda Lanthier Aquatic Coordinator (613) 687-5511 x5305