





Minimum Requirements For Try Out

Swim for Life Aquatic Registration

Before you make your swim class selection, please check our registration guidelines below.

[https://www.lifesaving.bc.ca/Content/images/Pdffile/Dashboard_4511685_Swim_for_Life_Registration_Chart_\(1\).pdf](https://www.lifesaving.bc.ca/Content/images/Pdffile/Dashboard_4511685_Swim_for_Life_Registration_Chart_(1).pdf)

If your child....	Register in Lifesaving Society:	Previously in Red Cross Swim:	Previously in YMCA:	
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	Parent & Tot 1	Starfish	Splashers	Not Eligible to Try Out
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	Parent & Tot2	Duck	Bubblers	Not Eligible to Try Out
is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 2	Sea Turtle	Bobbers	Not Eligible to Try Out
Is 3 to 5 years and just starting out on his or her own... If 5 years+...	Preschool 1 Swimmer 1	Sea Otter	Bobbers	Not Eligible to Try Out
Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet... If 5 years+...	Preschool 2 Swimmer 1	Salamander	Floaters	Not Eligible to Try Out
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec.... If 5 years+...	Preschool 3 Swimmer 1	Sunfish	Gliders Divers	Not Eligible to Try Out
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back... If 5 years+...	Preschool 4 Swimmer 1	Crocodile	Surfers	Not Eligible to Try Out
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side... If 5 years+...	Preschool 5 Swimmer 2	Whale	Dippers	Not Eligible to Try Out

If your child....	Register in Lifesaving Society:	Previously in Red Cross Swim:	Previously in YMCA:	
Is 5 to 12 years and just starting out...	Swimmer 1	Swim Kids 1	Otter	Not Eligible to Try Out
Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...	Swimmer 2	Swim Kids 2	Seal	Mini Shark*, ages 5
Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back...	Swimmer 3	Swim Kids 3	Dolphin Swimmer	Mini Shark*, ages 5/ 6
Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl...	Swimmer 4	Swim Kids 4 Swim Kids 5	Star 1	Development, ages 6
Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m...	Swimmer 5	Swim Kids 6	Star 2	Development, ages 7
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m..	Swimmer 6	Swim Kids 7	Star 3	Development, ages 7/ 8/ 9
Can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout...	Swimmer 7 / Rookie Patrol	Swim Kids 8	Star 4	Junior**, ages 9/ 10/ 11
Preferred successful completion – Swimmer 7 / Rookie Patrol	Swimmer 8 / Ranger Patrol	Swim Kids 9	Star 5	Junior**, ages 10/ 11/ 12
Preferred successful completion – Swimmer 8 / Ranger Patrol	Swimmer 9 / Star Patrol	Swim Kids 10	Star 6	Intermediate***, ages 12/ 13/ 14
Preferred successful completion – Swimmer 9 / Star Patrol	Bronze Star		Master Swimmer	Senior***, ages 14 – 17

* Must be comfortable in pool without life jackets.

** Skill in Backstroke, Butterfly, plus an understanding of flip-turns is required

*** Ability + Strength in all 4 swim strokes and flip-turns is required.