

LIFESAVING SOCIETY

PRESCHOOL TRANSITION CHART

If your child has completed ... and/or ...	If your child already can ...	Register them into:
Sea Turtle	For children who are just beginning	Preschool 1 – if they are ages 3-5 Swimmer 1 – if they are ages 6+
Sea Otter	Enter into shallow water assisted, float on their front and back, and blow bubbles	Preschool 2 – if they are ages 3-5 Swimmer 1 – if they are ages 6+
Salamander	Enter into shallow water, float on their front and back assisted for 3 sec, and can submerge underwater	Preschool 3 – if they are ages 3-5 Swimmer 1 – if they are ages 6+
Sunfish	Enter into deep water assisted, hold their breath underwater, float, glide and kick on their front and back	Preschool 4 – if they are ages 3-5 Swimmer 1 – if they are ages 6+
Crocodile	Jump into deep water, complete an assisted 5 m front crawl, and flutter kick	Preschool 5 – if they are ages 3-5 Swimmer 2 – if they are ages 6+
Whale	Jump into deep water, support themselves at the surface for 15 sec, and swim 10 m on their front and back	Preschool 5 – if they are ages 3-5 Swimmer 3 – if they are ages 6+

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SWIM KIDS TRANSITION CHART

your child has completed ... and/or ...	If your child already can ...	Register them into:
Swim Kids Level 1	For children who are just beginning	Swimmer 1 – for ages 6+
Swim Kids Level 2	Jump into shallow water (unassisted) and deep water (assisted), hold their breath and exhale underwater, float, kick and glide on their front and back	Swimmer 2
Swim Kids Level 3	Jump into deep water assisted, support themselves at the surface for 15 sec, and swim 10 m on their front and back	Swimmer 3
Swim Kids Level 4	Do kneeling dives and somersaults, tread for 30 sec, complete a 10 m whip kick on their back, and a 15 m front and back crawl	Swimmer 4
Swim Kids Level 5	Do kneeling dives and somersaults, tread for 30 sec, complete a 10 m whip kick on their back, and a 15 m front and back crawl	Swimmer 4
Swim Kids Level 6	Tread for 1 min, swim 50 m, dive, swim underwater, complete a 15 m whip kick, breaststroke, swim 25 m front and back crawl	Swimmer 5
Swim Kids Level 7	Complete shallow dives, 50 m swim front and back crawl, breaststroke for 25 m, sprint 25 m, and uses proper techniques for eggbeater and scissor kicks	Swimmer 6

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your child has completed ... and/or ...	If your child already can ...	Register them into:
Swim Kids Level 8	Do stride entries and compact jumps, 45 sec legs-only support, 25 m breaststroke sprint, and front and back crawl 100 m	Rookie Patrol
Swim Kids Level 9	Successfully complete Rookie Patrol	Ranger Patrol
Swim Kids Level 10	Successfully complete Ranger Patrol	Star Patrol