



Lifesaving Society Swimming Lessons Overview		
Parent & Tot		
Lifesaving Society Level	Red Cross Equivalent	General Notes
Parent & Tot 1	Duck	<ul style="list-style-type: none"> o Parent must be in water
Preschool (3-5 years)		
Lifesaving Society Level	Red Cross Equivalent	General Notes
Preschool 1	Sea Otter	<ul style="list-style-type: none"> o Most skills are assisted o Parents are NOT in the water
Preschool 2	Salamander	<ul style="list-style-type: none"> o Most skills completed with lifejacket o Parents are NOT in the water <p><u>To Register:</u></p> <ul style="list-style-type: none"> o Child have completed Sea Otter/ Preschool 1 OR be 4 years of age
Preschool 3	Sunfish	<ul style="list-style-type: none"> o Most skills are without a lifejacket o Parents are NOT in the water <p><u>To Register</u></p> <ul style="list-style-type: none"> o Child must have completed Salamander/Preschool 2
Swimmer (6 and up)		
Lifesaving Society Level	Red Cross Equivalent	General Notes
Swimmer 1	Swim Kids 1	<p><u>To Register:</u></p> <ul style="list-style-type: none"> o Must be turning 6 this calendar year/ going into grade 1. o If the child has never taken lessons before, this should generally be the level that they sign up for (talk to Head Lifeguard for exceptions).
Swimmer 2	Swim Kids 2 Swim Kids 3	<p><u>To Register:</u></p> <ul style="list-style-type: none"> o Must have completed Swimmer 1/ Swim Kids 1 OR 2
Swimmer 3	Swim Kids 4	<p><u>To Register:</u></p> <ul style="list-style-type: none"> o Must have completed Swimmer 2/ Swim Kids 3
Swimmer 4	Swim Kids 5 Swim Kids 6	<p><u>To Register:</u></p> <ul style="list-style-type: none"> o Must have completed Swimmer 3/ Swim Kids 4 OR 5
Swimmer 5	Swim Kids 7 Swim Kids 8	<p><u>To Register:</u></p> <ul style="list-style-type: none"> o Must have completed Swimmer 4/ Swim Kids 6 OR 7
Swimmer 6	Swim Kids 9	<p><u>To Register</u></p> <ul style="list-style-type: none"> o Must have completed Swimmer 5/ Swim Kids 8