



Aquatics Update



DID YOU KNOW?

The Canadian Red Cross is winding down swimming lessons to focus on surging humanitarian demands in other areas.

What does this mean for you?

As a result, Port Coquitlam is transitioning from the Canadian Red Cross Swim program to the Lifesaving Society Swim for Life program in January 2023.



If your child previously participated in **Red Cross swimming lessons**, please use the chart to determine which level you'll register for in the **Lifesaving Society's Swim for Life swimming lessons**.

If your child...	Register in Lifesaving Society:	Previously in Red Cross Swim:
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	Parent & Tot 1	Starfish
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	Parent & Tot 2	Duck
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 3	Sea Turtle
Is 3 to 5 years and just starting out on his or her own...	Preschool 1	Sea Otter
If 5 years+	Swimmer 1	
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...	Preschool 2	Salamander
If 5 years+	Swimmer 1	
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec...	Preschool 3	Sunfish
If 5 years+	Swimmer 1	
Can jump into deep water wearing a life jacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back...	Preschool 4	Crocodile
If 5 years+	Swimmer 1	
Can do solo jumps into deep water; swim front crawl 5 m wearing a life jacket and flutter kick on front, back and side...	Preschool 5	Whale
If 5 years+	Swimmer 2	



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If your child...	Register in Lifesaving Society:	Previously in Red Cross Swim:
Is 5 to 12 years and just starting out...	Swimmer 1	Swim Kids 1
Can jump into chest-deep water by themselves and into deep-water wearing a life jacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back.	Swimmer 2	Swim Kids 2
Can jump into deep water and do a sideways entry wearing a life jacket; 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
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
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
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
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
Preferred successful completion – Swimmer 7 / (Rookie Patrol)	Swimmer 8 / (Ranger Patrol)	Swim Kids 9
Preferred successful completion – Swimmer 8 / (Ranger Patrol)	Swimmer 9 / (Star Patrol)	Swim Kids 10
Preferred successful completion – Swimmer 9 / (Star Patrol)	Bronze Star	

***Please note:** Children can only be registered in one set at a time and added to one waitlist of the same level.

