CITY OF PORT COQUITLAM



Aquatics Update

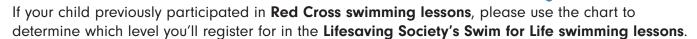


DID YOU KNOW

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	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:
ls 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.







