



SWIM PROGRAM REGISTRATION

Before you make your swim class selection, check our registration guideline.

If your child....	Register in Lifesaving Society:	Previously in Red Cross AquaQuest:	Previously in Red Cross Swim:	Previously in YMCA:
Is 3 to 12 months old and ready to learn to enjoy the water with a parent....	Parent & Tot 1	AquaTots 1	Starfish	Continuing L'il Dippers: Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with a parent...	Parent & Tot 2	AquaTots 2	Duck	Continuing L'il Dippers: Bubbblers
Is 2 to 3 years old and ready to learn to enjoy the water with a parent.....	Parent & Tot 3	AquaTots 3	Sea Turtle	Continuing L'il Dippers: Bobbers
Is 3 to 5 years and just starting out on his or her own....	Preschool A	Continuing Preschool AQ 1	Sea Turtle	Continuing L'il Dippers: Bobbers
Can get in and out alone, jump into shallow water, float and glide in a PFD on front and back, blow bubbles and get face wet...	Preschool B	Completed Preschool AQ 1	Salamander	Completed L'il Dippers: Bobbers
Can get in and out alone, jump into shallow water, submerge and exhale underwater, and with a buoyant aid move through the water on front and back...	Preschool C	Completed Preschool AQ 2	Sunfish	Continuing L'il Dippers: Floaters
Can jump into chest-deep water and deep water wearing a PFD; recover objects from the bottom; move through water on front and back, and while wearing a PFD...	Preschool D	Completed Preschool AQ 3	Crocodile	Continuing L'il Dippers: Floaters
Can do solo jumps into deeper water and get out by themselves; surface support by themselves; and swim 3 - 5 m on front and back...	Preschool E	Completed Preschool AQ 4	Whale	Completed L'il Dippers: Floaters
Is 5 to 12 years and just starting out.....	Swimmer 1	Completed AQ 1	Level 1	Continuing L'il Dippers: Floaters/Learn to Swim I: Otter
Can jump into water with and without a PFD; open eyes and exhale underwater, get objects off the bottom, and float and move through the water on front and back...	Swimmer 2	Completed AQ 2	Level 1	Completed L'il Dippers: Divers/Learn to Swim II: Seal
Can jump into deeper water; fall sideways into water wearing a PFD; support self at the surface without an aid; do whip kick; and swim 10 - 15m on front and back...	Swimmer 3	Completed AQ 3/4	Level 2/3	Completed Learn to Swim IV: Swimmer
Does cannonballs, dives and rolls into deep water; can tread water; swim underwater; swim front and back crawl; and can do endurance swims of 25-50m...	Swimmer 4	Completed AQ 5/6	Level 4/5	Completed Star 1
Can do dives and stride entries; eggbeater kick; foot-first surface dives; front and back crawl; whip kick; breaststroke arms with breathing; and endurance swims of 50-100m...	Swimmer 5	Completed AQ 7	Level 6	Completed Star 2
Can do shallow dives; eggbeater kick; foot-first sculling; surface dives with underwater swim; front and back crawl and breaststroke over 50m; sprint 25m; and endurance swims of 100-200m...	Swimmer 6	Completed AQ 8	Level 7	Completed Star 3
Can do compact jumps; eggbeater kick for 1 min.; head-up front crawl or breaststroke over 25m; 100m front crawl, back crawl, and breaststroke; and endurance swims 200-300m...	Swim Patrol – Rookie	Completed AQ 9	Level 8	Completed Star 4
Preferred successful completion – Rookie	Swim Patrol – Ranger	Completed AQ 10	Level 9	Completed Star 5
Preferred successful completion – Ranger	Swim Patrol – Star	Completed AQ 11	Level 10	Completed Star 6
Preferred successful completion – Star	Bronze Star	Completed AQ 12		Completed Master Swimmer