

Lifesaving Society Levels	If your child...
Parent & Tot 1	Is 4 to 12 months old and ready to lean to enjoy the water with parent...
Parent & Tot 2	Is 12 to 24 months old and ready to learn and enjoy the water with parent...
Parent & Tot 3	Is 2 to 3 years old and already to learn to enjoy the water with a parent...
Preschool 1	Is 3 to 5 years and just starting out on his or her own...
Preschool 2	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 3	Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec...
Preschool 4	Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back...
Preschool 5	Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side...
Swimmer 1	Is 5 to 12 years and just starting out...
Swimmer 2	Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath and exhale underwater; float, kick and glide on front and back...
Swimmer 3	Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back...
Swimmer 4	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 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 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 7 / Rookie Patrol	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 8 / Ranger Patrol	Preferred successful completion – Swimmer 7 / Rookie Patrol
Swimmer 9 / Star Patrol	Preferred successful completion – Swimmer 8 / Ranger Patrol
Bronze Star	Preferred successful completion – Swimmer 9 / Star Patrol