

Swim for Life Aquatic Registration

Before you make your swim class selection, check the registration guidelines below.

If child is less than 4 years old		Register In
Is 4 to 12 months old and ready to learn to enjoy the water with parent ...		Parent & Tot 1
Is 12 to 24 months old and ready to learn to enjoy the water with parent ...		Parent & Tot 2
Is 2 to 3 years old and ready to learn to enjoy the water with a parent ...		Parent & Tot 3
If child is age 3 to 5		Register in:
Is 3 to 5 years old and is just starting out on his or her own...		Preschool A
If 5 years+		Swimmer 1
Can get in and out and jump into chest-deep water assisted; float and glide on front and back assisted; blow bubbles and get face wet...		Preschool B
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 C
If 5 years+		Swimmer 1
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide & kick on front & back unassisted...		Preschool D
If 5 years+		Swimmer 1
Can do solo jumps into deep water; swim front crawl 5-meter wearing a lifejacket and flutter kick on front, back and side...		Preschool E
If 5 years+		Swimmer 2
If child is age 5 to 12		Register In
Is 5 to 12 years and is just starting out ...		Swimmer 1
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 2
Can jump into deep water and do a sideways entry wearing a lifejacket; support self at surface for 15-sec; do whip kick in vertical position; and swim 10-meter on front and back...		Swimmer 3
Can tread for 30-sec; do kneeling dives and front somersaults; 10m whip kick on back; and swim 15m front crawl and back crawl...		Swimmer 4
Can complete the Canadian Swim to Survive Standard; Roll – Tread (1-min) – Swim (50m); dive; swim underwater; 15m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25m...		Swimmer 5
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50m front and back crawl; breaststroke for 25m; spring 25m; interval training 4 x 50m...		Swimmer 6
Can do stride entries and compact jumps; legs-only surface support for 45-sec; spring 25m breaststroke; swim 100m of front crawl and back crawl and 300m workout...		Rookie Patrol
Preferred successful completion of Rookie Patrol		Ranger Patrol
Preferred successful completion of Ranger Patrol		Star Patrol

Teen and adult swim lessons also available check our website for more details.

Unsure of which level to register your child in?
Free assessment is available during Open Swims.
Admission standard applies.

