



Red Cross to Lifesaving Society Swim Lesson Conversion

<i>Previously Enrolled Red Cross Swim Level</i>	<i>Recommended Life Saving Society Swim Level</i>	<i>Life Saving Society Description</i>
Sea Turtle	Parent and Tot 1, 2, and 3	Parent and Tot classes provide an Opportunity for parents and children to enjoy in-water interaction in a fun and social setting. Focusing on the importance of play and developing water positive attitudes and skills, children gain valuable exposure to being in and around the water. Parents will learn to be Water Smart and keep themselves and their child safe in any aquatic setting.
Sea Otter Salamander Sunfish Crocodile Whale	Preschool 1 Preschool 2 Preschool 3 Preschool 4 Preschool 5	Preschool gives children and early start on learning to swim. Children 3-5 years old will have fun while gaining foundational water skills and become comfortable in the water. Water Smart education is incorporated into all preschool levels to support children in learning how to keep themselves safe in and around the water.
Swim Kids 1 Swim Kids 2 Swim Kids 3 Swim Kids 4 and 5 Swim Kids 6 Swim Kids 7	Swimmer 1 Swimmer 2 Swimmer 3 Swimmer 4 Swimmer 5 Swimmer 6	Swimmer is a 6-level, success-oriented learn to swim program for children 5-12 years old. There is a prominent focus on in-water swimming practice as swimmers learn fundamental strokes and skills, mastering them as they progress through the program. Swimmers also learn how to be safe in, on and around the water through Water Smart education incorporated into every level.
Swim Kids 8 Swim Kids 9 Swim Kids 10	Swimmer 7 - Rookie Patrol Swimmer 7 - Ranger Patrol Swimmer 7 - Star Patrol	The Lifesaving Society's 3 level Canadian Swim Patrol program is for swimmers who are ready to go beyond the learn-to-swim. The programs focus on developing strength and proficiency while introducing swimmers to the challenging world of lifesaving.