

Register for the correct level. If unsure, book a FREE swim assessment prior to registering.

LEVELS	AGE	PRE-REQUISITE
 JELLYFISH Parent & Tot Level 1	NB - 12mo	No Pre-requisite - Age requirement must be met
 GOLDFISH Parent & Tot Level 2	12mo - 24mo	No Pre-requisite - Age requirement must be met
 SEA HORSE Parent & Tot Level 3	2yrs - 3yrs	No Pre-requisite - Age requirement must be met
 OCTOPUS Preschool 1	3yrs - 5yrs	No Pre-requisite - Age requirement must be met
 CRAB Preschool 2	3yrs - 5yrs	Passed Octopus
 ORCA Preschool 3	3yrs - 5yrs	Passed Crab
 SEA LION Preschool 4	3yrs - 5yrs	Passed Orca
 NARWHAL Preschool 5	3yrs - 5yrs	Passed Sea Lion
 SWIMMER 1	5yrs - 12yrs	No Pre-requisite - Age requirement must be met
 SWIMMER 2	5yrs - 12yrs	Passed Swimmer 1 or Preschool 3 and higher
 SWIMMER 3	5yrs - 12yrs	Passed Swimmer 2
 SWIMMER 4	5yrs - 12yrs	Passed Swimmer 3
 SWIMMER 5	5yrs - 12yrs	Passed Swimmer 4
 SWIMMER 6	5yrs - 12yrs	Passed Swimmer 5
 SWIMMER 7 Rookie Patrol	8yrs - 12yrs	Passed Swimmer 6
 SWIMMER 8 Ranger Patrol	8yrs - 12yrs	Passed Rookie Patrol
 SWIMMER 9 Star Patrol	8yrs - 12yrs	Passed Ranger Patrol
TEEN/ADULT 1	13yrs+	No Pre-requisite - Age requirement must be met
TEEN/ADULT 2	13yrs+	Passed Teen/Adult 1
TEEN/ADULT 3	13yrs+	Passed Teen/Adult 2

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Parent & Tot At-a-glance

Especially for children aged 4 months to 3+ years and their parents. Based on the principle "Within Arms Reach", these classes focus on close playful interaction and shared fun between child, parent and water.

Parent & Tot 1 (4–12 months)

1. Enter & exit the water safely with tot
2. Readiness for submersion
3. Hold tot on front, eye contact
4. Hold tot on back, head & back support
5. Front float (face out) – assisted
6. Back float – assisted
7. Float wearing PFD – assisted
8. Arms: splashing, reaching, paddling, on front & back
9. Legs: tickling, splashing, kicking, on front & back
10. Water Smart Messages

Parent & Tot 2 (12–24 months)

1. Entry from sitting position - assisted
2. Exit the water – assisted
3. Blow bubbles on & in water
4. Face wet & in water
5. Attempt to recover object below surface
6. Entry from sitting position wearing PFD & return – assisted
7. Front float (face in) – assisted
8. Back float – assisted
9. Kicking on front & back – assisted
10. Surface passes with continuous contact
11. Water Smart Messages

Parent & Tot 3 (2–3 years)

1. Jump entry – assisted
2. Entry & submerge from sitting position – assisted
3. Exit the water – unassisted
4. Hold breath underwater – assisted
5. Attempt to open eyes underwater
6. Attempt to recover object from bottom
7. Standing jump entry, return to edge – assisted
8. Jump entry & float wearing PFD – assisted
9. Front & back "starfish" floats – assisted
10. Front & back "pencil" floats – assisted
11. Kicking on front & back – assisted
12. Underwater passes
13. Water Smart Messages

Next Steps:

If your child is under 3 years register in Parent & Tot classes, when they are three years old consider Preschool levels.



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Preschool At-a-glance

The Swim for Life Preschool Program gives children a head start on learning to swim. They'll have fun developing the basics to be safe and confident little swimmers. Water Smart® education is part of every Preschool level.

Preschool 1

1. Enter & exit shallow water - assisted
2. Jump into chest-deep water – assisted
3. Face in water
4. Blow bubbles in water
5. Float on front & back (3 sec. each) - assisted
6. Safe movement in shallow water – wearing PFD
7. Glide on back wearing (3 m. each) - assisted
8. Water Smart Messages

Preschool 4

1. Jump into deep water, return & exit
2. Sideways entry
3. Tread water 10 sec. wearing PFD
4. Open eyes under water
5. Recover object from bottom in chest-deep water
6. Wearing a PFD, sideways entry into deep water; tread (15 sec.); swim/kick (5 m)
7. Front float; roll to back; swim 5 m
8. Glide on side (3 m)
9. Flutter kick: on front (7 m); on back (7 m); on side (5 m)
10. Front crawl (5 m) wearing PFD
11. Water Smart Messages

Preschool 2

1. Enter & exit shallow water wearing PFD
2. Jump into chest-deep water
3. Submerge
4. Submerge & exhale (3 times)
5. Float on front & back (3sec. each) wearing PFD or with buoyant aid
6. Roll laterally front to back & back to front, wearing PFD
7. Glide on front & back wearing PFD (3 m each) wearing PFD or with buoyant aid
8. Flutter kick on back with buoyant aid (5m)
9. Water Smart Messages

Preschool 5

1. Forward roll entry wearing PFD
2. Tread water (10 sec.)
3. Submerge & hold breath (5 sec.)
4. Recover object from bottom in chest-deep water
5. Wearing PFD, sideways entry into deep water; tread (20 sec.); swim/kick (10 m)
6. Whip kick in vertical position (20 sec.) with PFD or buoyant aid
7. Front crawl (5m)
8. Back crawl (5 m)
9. Interval training: 4 x 5 m flutter kick on back with 30 sec. rests
10. Water Smart Messages

Preschool 3

1. Jump into deep water wearing PFD, return & exit
2. Sideways entry wearing PFD
3. Hold breath under water (3 sec.)
4. Submerge & exhale (5 times)
5. Recover object from bottom in waist -deep water
6. Back float; roll to front; swim 3 m
7. Float on front & back (5 sec. each)
8. Roll laterally front to back & back to front
9. Glide on front & back (3 m each)
10. Flutter kick on back (5 m)
11. Flutter kick on front (3 m)
12. Water Smart Messages

Next Steps:

- Swimmer 1** - for children turning 5 or 6
Swimmer 2 - if the child has completed Preschool 5

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Swimmer At-a-glance

Swim for Life Swimmer levels make sure your child learns how to swim before they get in too deep. Each level challenges school aged children 5 years and older to develop safe entries, deep water support, underwater skills, and swimming strokes. Kids learn everlasting healthy habits by getting and staying fit. Swimmer levels include fun, hands on teaching activities that focus on teaching water safety — lessons that will last a lifetime!

Swimmer 1

1. Enter & exit shallow water
2. Jump into chest-deep water
3. Jump into deep water wearing PFD
4. Tread water (30 sec.) wearing PFD
5. Hold breath under water (5 sec.)
6. Submerge and exhale (5 times)
7. Open eyes under water
8. Float on front & back (5 sec. each)
9. Roll laterally front to back & back to front
10. Glide on front, back & side (3 m each)
11. Flutter kick on front & back (5 m each)
12. Front Crawl (5 m) wearing PFD
13. Water Smart Messages

Swimmer 4

1. Standing dive into deep water
2. Tread water (1 min.)
3. Swim underwater (5 m)
4. Canadian Swim-to-Survive®
Standard: Roll entry into deep water, tread 1 min. and swim 50 m
5. Whip kick on front (15 m)
6. Breaststroke arms drill (15 m)
7. Front crawl & back crawl (25 m each)
8. Interval training: 4 x 25 m front or back crawl with 20 sec. rests
9. Sprint front crawl (25 m)
10. Water Smart Messages

Next Steps:

Canadian Swim Patrol |
Junior Lifeguard Club |
Bronze Star

Swimmer 2

1. Jump into deep water, return & exit
2. Sideways entry wearing PFD
3. Tread water (15 sec.)
4. Recover object from bottom in chest-deep water
5. Wearing PFD jump into deep water, tread 30 sec. & swim / kick (15 m)
6. Flutter kick on front, back & side (10 m each)
7. Whip kick in vertical position (30 sec.) with aid
8. Front crawl & back crawl (10 m each)
9. Interval training: 4 x 5 m flutter kick with 20 sec. rests
10. Water Smart Messages

Swimmer 5

1. Shallow dive into deep water
2. Tuck jump (cannonball) into deep water
3. Jump entry into deep water & tread 2 min.
4. Stationary eggbeater kick (30 sec.)
5. Back somersault (in water)
6. Roll entry into deep water, tread 90 sec. and swim 75 m
7. Breaststroke (25 m)
8. Front crawl & back crawl (50 m each)
9. Head-up front crawl (10 m)
10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests
11. Interval training: 4 x 15 m breaststroke with 30 sec. rests
12. Sprint front crawl & back crawl (25 m each)
13. Water Smart Messages

Swimmer 3

1. Kneeling dive into deep water
2. Forward roll entry into deep water
3. Tread water (30 sec.)
4. Handstand in shallow water
5. Front somersault (in water)
6. Jump into deep water, tread 30 sec. & swim / kick (25 m)
7. Flutter kick on back (5 m); reverse direction and flutter kick on front (5 m)
8. Flutter kick on front (5 m); reverse direction and flutter kick on back (5 m)
9. Whip kick on back (10 m)
10. Front crawl & back crawl (15 m each)
11. Interval training: 4 x 15 m flutter kick with 20 sec. rests
12. Water Smart messages

Swimmer 6

1. Stride entry into deep water
2. Compact jump into deep water
3. Legs-only surface support 45 sec.
4. Swim underwater (10 m) to recover object
5. Eggbeater kick on back (15 m)
6. Scissor kick (15 m)
7. Breaststroke (50 m)
8. Front crawl & back crawl (100 m each)
9. Head-up swim 25 m
10. Interval training: 4 x 25 m breaststroke with 30 sec. rests
11. Sprint breaststroke (25 m)
12. Workout (300 m)
13. Water Smart Messages

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Swimmer 7 Rookie Patrol

1. Head-up Front Crawl of Breaststroke 25m or yd.
2. Scull in Ready Position 30 Seconds
3. Carry Object (2.3 kg) 15m or yd.
4. Surface Dives, Foot-First and Head-First(max2m depth)
5. Lifesaving Kick 25m or yd.
6. Inflate Clothing/ Use as Buoyant Assist
7. Obstacle Swim 25m or yd.
8. Front and Back Crawl, Breaststroke 50m or yd.
9. Fitness Training: 350m or yd. Workout (3 Times)
10. Swim 100m in 3 mins (100 yd. in 2:40 mins) or Better
11. Assess Conscious Victim
12. Contacting EMS
13. Care for External Bleeding
14. Look and Describe Aquatic Facility
15. Victim Simulation and Recognition
16. Rescue Drill: Throw Aid to Target 30 Seconds

Swimmer 8 Ranger Patrol

1. Somersault Sequence, Forward and Backward
2. Stride Entry and Swim Head-Up 25m or rd. Ready Position
3. Eggbeater Kick on Back 25m or yd.
4. Support Object (2.3 kg) 1 Minute
5. Search and Recover Object
6. Remove Conscious Victim
7. Front and Back Crawl , Breaststroke 75m or yd.
8. Lifesaving Medley 100m or yd. (3 Strokes)
9. Swim 200m in 6 Minutes (200 yd. in 5:20 Minutes) or better
10. Assess Unconscious, Breathing Victim
11. Care for Victim in Shock
12. Obstructed Airway - Conscious Victim
13. Victim Simulations, Recognition, Avoidance
14. Rescue with Buoyant Aid 20m or yd.

Swimmer 9 Star Patrol

1. Entries with Aids - At Least 2
2. Head-Up Swim (25m or yd.) and Scull in Ready Position
3. Defense Methods – Front, Side and Rear
4. Eggbeater Kick - Travel, Change Direction and Height
5. Carry Object (4.5 kg) 25m or yd.
6. Remove Unconscious Victim
7. Search to Recover Object
8. Turn and Support Victim Face-Up -Shallow Water
9. Front and Back Crawl, Breaststroke 100m or yd.
10. Fitness Training: 600m or yd. Workout (3 Times)
11. Swim 300m in 9 mins (300 yd. in 8 mins) or Better
12. Care for Bone or Joint Injury
13. Care for Respiratory Emergency -Asthma or Allergic Reaction
14. Locate and Describe Submerged Object
15. Rescue with Towing Aid 20m or yd.

Next Steps:

Bronze Star

Bronze/Medallion/Bronze Cross

National Lifeguard Training

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Adult Swimmer At-a-glance

Whether you're just starting out or want help with your strokes, our Adult Swimmer Program is for the young at heart — no matter what your age. Whether your goals are to learn the basics or gain skill with swimming strokes your instructor will be able to provide you the support that you need. Teens and adults alike will develop water confidence and smooth, strong strokes to use for lane swimming or be fit enough for the beach.

Adult 1

1. Enter & exit shallow water
2. Jump into deep water, return & exit
3. Sideways entry wearing PFD
4. Tread water (30 sec.) wearing PFD
5. Hold breath under water (5–10 sec.)
6. Submerge and exhale(5–10 times)
7. Open eyes under water
8. Recover object from bottom in chest-deep water
9. Wearing PFD, jump into deep water, tread 30 sec. & kick on back (5–10 m)
10. Float on front & back
11. Roll laterally front to back & back to front
12. Glide on front, back & side (3–5 m each)
13. Flutter kick on front, back & side (5–10 m each)
14. Whip kick in vertical position (15–30 sec.)
15. Front crawl or back crawl (10–15 m)
16. Interval training: 4 x 9–12 m flutter kick with 10–15 sec. rests
17. Water Smart Messages

Adult 2

1. Standing dive into deep water
2. Forward roll entry into deep water with & without PFD
3. Tuck jump (cannonball) into deep water
4. Tread water (1– 2 min.)
5. Handstand in shallow water
6. Front somersault (in water)
7. Swim underwater (5–10 m)
8. Canadian Swim-to-Survive® Standard: Roll entry into deep water, tread 1 min. & swim 50 m
9. Flutter kick on back (5 m); reverse direction roll to front; flutter kick on front (5 m)
10. Flutter kick on front (5 m); reverse direction roll to back; flutter kick on back (5 m)
11. Whip kick on back (10–15 m)
12. Whip kick on front (10–15 m)
13. Breaststroke arms drill (10– 5 m)
14. Front crawl & back crawl (25–50 m each)
15. Interval training: 4 x 25 m flutter kick with 15–20 sec. rests
16. Interval training: 4 x 25 m front or back crawl with 15 – 20 sec. rests
17. Sprint front crawl (25 m)
18. Water Smart Messages

Adult 3

1. Shallow dive into deep water
2. Stride entry into deep water
3. Compact jump into deep water
4. Legs-only surface support (30–60 sec.)
5. Back somersault (in water)
6. Swim underwater (5–10 m) to recover object
7. Eggbeater kick or scissor kick on back (10–15m)
8. Breaststroke (25–50 m)
9. Front crawl & back crawl (50–100 m each)
10. Head-up front crawl (10–15 m)
11. Interval training: 4 x 50 m front or back crawl or breaststroke with 30 sec. rests
12. Sprint front crawl, back crawl, or breaststroke (25– 50 m)
13. Workout (300 m)
14. Water Smart Messages

Looking for more? Try:

Fitness Swimmer Get in, get fit and create workouts that are worthy of your time!

Bronze Medallion | Bronze Cross Put your swim skills into action & learn lifesaving skills!

Become a National Lifeguard Get in the fast lane and step up to the challenge of lifeguarding!

SWIM FOR LIFE - FAQ'S



We have never had swimming lessons - what should we do?

Come down during any public swim time for a free swim assessment.

What should I do with my progress report card that is issued on the last day of lessons?

Bring your progress report card to the first day of your lesson and give to your new instructor.

What do you do in a swim assessment?

Show up to one of the Recreation Centres prepared to swim and let the front desk know you would like a swim assessment. If you want to stay to swim you will need to pay an admission fee. Based on lifeguard availability, you may have to wait up to 15 minutes. You will be asked to meet the guard on the pool deck where they will have you complete some swim skills and assign you an appropriate level.

What if my swimmer passes a class somewhere else?

If you have a lifesaving society report card from the last 12 months, bring it with you and register in person at ARC or MRC. If it is not a lifesaving society level or it has been more than 12 months since your last lesson, then come in for a free swim assessment during a public swim.

Can I register for multiple sets of lessons in the same season?

YES, If you are in the same level. For safety reasons you cannot register into a higher level until you have passed the current level.

If a swimmer fails a level can they re-register in that level?

Yes, you can register immediately.

What should I do if the level I need is full? Will additional classes be made available for popular/highly sought-after courses?

Add yourself to a Waitlist. If we are able to we will add more classes and you will be contacted from the waitlist. You can also look into Private lesson options.

When will outcomes be uploaded onto accounts?

Every effort will be made to enter outcomes within 3 days of the lesson set completion. You can also visit the front desk after receiving your report card to have your outcome recorded if you need to register immediately.

Where are outcomes found on Direct2Rec accounts?

Your online account, my profile, click on name, scroll down to activity outcomes.

I've been in private lessons and now want to take a group lesson... how to I get into the correct level?

Private lessons will have an outcome entered within 3 days of lesson set end and you can register into group lessons based on that report.

Does this apply to all levels and lessons? Parent and tot? Swimmer? Adult/Teen? Patrols? Private lessons?

No outcomes needed on first level for their age, e.g. Preschool 1 Octopus (3yrs - 5yrs), Swimmer 1 (5yr -12yrs), Adult/Teen 1 (13yrs+). All higher levels require a Pass outcome or a swim assessment. Private lessons are open to anyone and do not require an outcome. Parent and tot levels are aged based only.

Are the registration dates/seasons changing with this new system?

Registration dates for Swim lessons will now take place on Tuesdays online and Thursdays in person/phone at 9:00am the month prior to season start.

What are the benefits of this new system? Why is this change being made?

The new system will provide increased safety by ensuring participants are registered in the correct level. Additionally, this change will improve access to all residents by reducing last minute cancellations and re-bookings from being in the wrong level.