

Coquitlam Aquatics Update

Coquitlam has transitioned to the Lifesaving Society's *Swim for Life* program.

If your child previously participated in Red Cross or YMCA swimming lessons, please use the chart to determine which level you'll register for in Lifesaving Society's *Swim for Life* swimming lessons.

If your child...	Previously in Red Cross Swim:	Previously in YMCA:	Register in Lifesaving Society:
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	Starfish	Splashers	Parent & Tot 1
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	Duck	Bubblers	Parent & Tot 2
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Sea Turtle	Bobbers	Parent & Tot 3
Is 3 to 5 years and just starting out on his or her own...	Sea Otter	Bobbers	Preschool 1
If 6 years+			Swimmer 1
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...	Salamander	Floaters	Preschool 2
If 6 years+			Swimmer 1
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec...	Sunfish	Gliders Divers	Preschool 3
If 6 years+			Swimmer 1
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back...	Crocodile	Surfers	Preschool 4
If 6 years+			Swimmer 1
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side...	Whale	Dippers	Preschool 5
If 6 years+			Swimmer 2

Coquitlam Aquatics Update

If your child...	Previously in Red Cross Swim:	Previously in YMCA:	Register in Lifesaving Society:
Is 6 to 12 years and just starting out...	Swim Kids 1	Otter	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...	Swim Kids 2	Seal	Swimmer 2
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...	Swim Kids 3	Dolphin Swimmer	Swimmer 3
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...	Swim Kids 4 Swim Kids 5	Star 1	Swimmer 4
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...	Swim Kids 6	Star 2	Swimmer 5
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	Swim Kids 7	Star 3	Swimmer 6
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...	Swim Kids 8	Star 4	Swimmer 7 / Rookie Patrol
Preferred successful completion – Swimmer 7 / Rookie Patrol	Swim Kids 9	Star 5	Swimmer 8 / Ranger Patrol
Preferred successful completion – Swimmer 8 / Ranger Patrol	Swim Kids 10	Star 6	Swimmer 9 / Star Patrol
Preferred successful completion – Swimmer 9 / Star Patrol		Master Swimmer	Bronze Star