

Coquitlam Aquatics Update

Did you know? The Canadian Red Cross is winding down swimming lessons and lifeguard programs to focus on surging humanitarian demands in other areas.

What does this mean for you? As a result, Coquitlam is transitioning from the Canadian Red Cross *Swim Kids* program to the Lifesaving Society *Swim for Life* program in January 2023.

See the lesson conversion chart below to discover your child's new swimming lesson level.

If your child previously participated in Red Cross *Swim Kids* 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:	Register in Lifesaving Society:
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	Starfish	Parent & Tot 1
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	Duck	Parent & Tot 2
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Sea Turtle	Parent & Tot 3
Is 3 to 5 years and just starting out on his or her own...	Sea Otter	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	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	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	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	Preschool 5
If 6 years+		Swimmer 2

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