



Swim for Life Program Registration

If your child....	Register in U of W Warrior Rec:	Previously in City of Waterloo:	Previously in Red Cross Swim:	Previously in YMCA:	Previously in Kitchener Learn to Swim:
Is 4 months to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 1	Parent & Tot 1	Starfish	Splashers	Waterbabies
Is 4 months to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 2	Parent & Tot 2	Duck	Bubblers	Adult & Tot
Is 4 months to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 3	Parent & Tot 3	Turtle	Bobbers	Adult & Tot
Is 3 to 5 years and just starting out on his or her own....	Splash A	Preschool 1	Sea Turtle	Bobbers	Tots/B
Can get in and out alone, jump into chest deep water assisted, float and glide in a PFD on front and back, blow bubbles and get face wet....	Splash B	Preschool 2	Salamander	Floater	Tots/C
Can get in and out alone, jump into chest deep water, submerge and exhale underwater, float on back and front assisted....	Splash C	Preschool 3	Sunfish	Divers	Supertots/D
Can jump into deep water wearing a PFD; recover objects underwater; hold breath underwater; float and glide on front and back....	Splash D	Preschool 4	Crocodile	Surfers	E
Is 6 to 14 years and just starting out.....	Swimmer 1	Waterloo Splash 1	Swim Kids 1	Otter	Supertots/D
Can jump into water with and without a PFD; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...	Swimmer 2	Waterloo Splash 2	Incomplete Swim Kids 2	Seal	E
Can roll sideways into water wearing a PFD; support self at the surface for 15 sec.; recover object from chest-deep water; and swim 7 m on front and back...	Swimmer 3	Waterloo Splash 3	Completed Swim Kids 2	Seal	E+
Can jump into deep water and roll sideways; support self at the surface for 30 sec.; do whip kick in vertical position; and swim 10 m on front and back...	Swimmer 4	Waterloo Splash 4	Incomplete Swim Kids 3	Dolphin	F
Can forward roll into deep water; support self at surface for 45 sec.; do handstands; flutter kick and pendulum rolls; interval training 2 x 25 m...	Swimmer 5	Waterloo Splash 5	Completed Swim Kids 3	Swimmer	G
Can jump into deep water, treat 30 sec and swim 25 m continuously; (50 m); kneeling dives and front somersaults; 10 m whip kick on back; interval training 4 x 15 m with aid	Swimmer 6	Waterloo Splash 6	Swim Kids 4 Swim Kids 5	Star 1	H

Can dive; swim underwater; tread water for 2 min.; whip kick on front; breaststroke arms with breathing; and swim 25 m front and back crawl...	Swimmer 7	Waterloo Splash 7	Swim Kids 6	Star 2	I/J
Can do shallow dives and cannonballs; stationary eggbeater kick; swim 50 m front and back crawl; breaststroke for 25 m; head up front crawl; interval training 4 x 50m...	Swimmer 8	Waterloo Splash 8	Swim Kids 7	Star 3	
Can do stride entries and compact jumps; eggbeater and scissor kick breaststroke; and workout 300 m...	Swimmer 9 / Rookie	Rookie Patrol	Swim Kids 8	Star 4	
Has successfully completed Swimmer 9 / Rookie	Swimmer 10 / Ranger	Ranger Patrol	Swim Kids 9	Star 5	
Has successfully completed Swimmer 10 / Ranger	Swimmer 11 / Star	Star Patrol	Swim Kids 10	Star 6	
Has successfully completed Swimmer 11 / Star	Bronze Star	Bronze Star		Master Swimmer	

Winter 2018

<5 years of age

Parent and Tot (4-36 months)

Splash A (3-5 years)

Splash B (3-5 years)

6+ years of age

Swimmer 1

Swimmer 2

Swimmer 3

Swimmer 4

Swimmer 5

Swimmer 6

Swimmer 7

Swimmer 8

Swim Patrol

Swimmer 9/Rookie

Swimmer 10/Ranger

Swimmer 11/Star

Bronze Star

Bronze Medallion (Br. Star or 13 YO)