



UBC AQUATIC CENTRE

SWIM LESSON CONVERSION CHART

At the end of 2022, the Canadian Red Cross is retiring their swim programming. The University of British Columbia will transition to the Lifesaving Society's Swim for Life program. The chart below details previous Red Cross Swim Kids programs and their corresponding Lifesaving Society Swim For Life classes.

If your child...	Swim For Life	Previously Red Cross
is 4 to 12 months old and ready to learn to enjoy the water with parent.	Parent and Tot 1 (class: 30mins)	Starfish
is 12 to 24 months old and ready to learn to enjoy the water with parent.	Parent and Tot 2 (class: 30mins)	Duck
is 2 to 3 years old and ready to learn to enjoy the water with a parent.	Parent and Tot 3 (class: 30mins)	Sea Turtle
is 3 to 5 years old and just starting out on his or her own.	Preschool 1 (class: 30mins)	Sea Otter
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.	Preschool 2 (class: 30mins)	Salamander
can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec.	Preschool 3 (class: 30mins)	Sun Fish
can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back.	Preschool 4 (class: 30mins)	Crocodile
can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side.	Preschool 5 (class: 30mins)	Whale
is 5 -12 years and is just starting out on his or her own.	Swimmer 1 (class: 30mins)	Swim Kids 1
is 5-12 years and 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.	Swimmer 2 (class: 30mins)	Swim Kids 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.	Swimmer 2 REPEAT*	Swim Kids 3
	Swimmer 3 (class: 30mins)	
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.	Swimmer 3 REPEAT*	Swim Kids 4
	Swimmer 4 (class: 30mins)	
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.	Swimmer 4 REPEAT* (class: 45mins)	Swim Kids 5
	Swimmer 5 (class: 45mins)	Swim Kids 6
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.	Swimmer 5 REPEAT*	Swim Kids 7
	Swimmer 6 (class: 45mins)	
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.	Rookie Patrol (class: 60mins)	Swim Kids 8
has successfully completed - Swimmer 7/Rookie Patrol.	Ranger Patrol (class: 60mins)	Swim Kids 9
has successfully completed - Swimmer 8/Ranger Patrol.	Star Patrol (class: 60mins)	Swim Kids 10

*Repeats may be recommended for students that have completed most skills of that level and are almost ready for the next.

