SWIM LESSONS PRE-REQUISITE CHART

The following chart outlines the Swim for Life program level swimmers will move into based on their age or previous swim experience.

Age Group	Swimming Level	Pre-requisite
Parented	Parent and Tot 1 – Jellyfish (4–12 months)	Based on age
	Parent and Tot 2 – Goldfish (12–24 months)	Based on age
	Parent and Tot 3 – Seahorse (24–36 months)	Based on age
Preschool Aged (3–5 years)	Preschool 1 – Octopus	Based on age – 3 years
	Preschool 2 – Crab	Preschool 1 – Octopus
	Preschool 3 – Orca	Preschool 2 – Crab
	Preschool 4 – Sea Lion	Preschool 3 – Orca
	Preschool 5 – Narwhal	Preschool 4 – Sea Lion
School Aged (6–12 years)	Swimmer 1	Based on age – 6 years
	Swimmer 2	Swimmer 1 or Narwhal Completion
	Swimmer 3	Swimmer 2
	Swimmer 4	Swimmer 3
	Swimmer 5	Swimmer 4
	Swimmer 6	Swimmer 5

Age Group	Swimming Level	Pre-requisite
School Aged (8–12 years)	Swimmer 7 – Rookie Patrol	Swimmer 6
	Swimmer 8 – Ranger Patrol	Swimmer 7 – Rookie Patrol
	Swimmer 9 – Star Patrol	Swimmer 8 – Ranger Patrol
	Junior Lifeguard Club	Swimmer 6 OR Complete in-person assessment
	Lifesaving Sport Fundamentals	Swimmer 6 OR Complete in-person assessment
	Bronze Star (10+ years)	Ability to swim 100m and tread water
Youth (13–17 years)	Teen 1	Based on age – 13 years
	Teen 2	Based on age (Completed Swimmer 3 or 4) OR Complete in-person assessment
	Teen 3	Based on age (Completed Swimmer 5 or higher) OR Complete in-person assessment
	Teen Fitness Swimmer	Based on age (Completed Swimmer 9 or higher) OR Complete in-person assessment
Youth/Adult (13+ years)	Bronze Medallion	Based on age – 13 years OR Complete Bronze Star
	Bronze Cross	Bronze Medallions
	Junior Lifeguard Club (13+ years)	Swimmer 6 OR Complete in-person assessment
	Lifesaving Sport Fundamentals (13+ years)	Swimmer 6 OR Complete in-person assessment
Adult (18+ years)	Adult 1	Based on age – 18 years
	Adult 2	Based on age (Completed Adult 1) OR Complete in-person assessment
	Adult 3	Based on age (Completed Adult 2) OR Complete in-person assessment
	Adult Fitness Swimmer	Based on age (Completed Adult 3) OR Complete in-person assessment