



## UPCOMING CHANGES TO SWIMMING LESSONS

Starting January 2023,  
we're offering the  
Lifesaving Society's  
**Swim for Life** program!

### PARENT & TOT PROGRAMS

IF YOU WERE IN RED CROSS...	SWIM FOR LIFE - BASED ON PARTICIPANT AGE
Starfish	<b>Jellyfish - Parent &amp; Tot 1</b> (4-12 months)
Duck	<b>Goldfish - Parent &amp; Tot 2</b> (12-24 months)
Sea Turtle	<b>Seahorse - Parent &amp; Tot 3</b> (2-3 years)

### PRESCHOOL PROGRAMS

IF YOU WERE IN RED CROSS...	REGISTER IN SWIM FOR LIFE...
Sea Otter	<b>Octopus - Preschool 1</b> (if Sea Otter incomplete) <b>Crab - Preschool 2</b> (if Sea Otter complete)
Salamander	<b>Octopus - Preschool 1</b> (if Salamander incomplete) <b>Crab - Preschool 2</b> (if Salamander complete)
Sunfish	<b>Crab - Preschool 2</b> (if Sunfish incomplete) <b>Orca - Preschool 3</b> (if Sunfish complete)
Crocodile	<b>Sea Lion - Preschool 4</b> (if Crocodile incomplete) <b>Narwhal - Preschool 5</b> (if Crocodile complete)
Whale	<b>Narwhal - Preschool 5</b> (if Whale incomplete) <b>Swimmer 1 or 2</b> (if 5 years old)

### SCHOOL AGED PROGRAMS

IF YOU WERE IN RED CROSS...	REGISTER IN SWIM FOR LIFE...
Swim Kids 1	<b>Swimmer 1</b> (if Swim Kids 1 incomplete) <b>Swimmer 2</b> (if Swim Kids 1 complete)
Swim Kids 2	<b>Swimmer 2</b> (if Swim Kids 2 incomplete or complete)
Swim Kids 3	<b>Swimmer 2</b> (if Swim Kids 3 incomplete) <b>Swimmer 3</b> (if Swim Kids 3 complete)
Swim Kids 4	<b>Swimmer 3</b> (if Swim Kids 4 incomplete or complete)
Swim Kids 5	<b>Swimmer 3</b> (if Swim Kids 5 incomplete) <b>Swimmer 4</b> (if Swim Kids 5 complete)
Swim Kids 6	<b>Swimmer 4</b> (if Swim Kids 6 incomplete) <b>Swimmer 5</b> (if Swim Kids 6 complete)
Swim Kids 7	<b>Swimmer 5</b> (if Swim Kids 7 incomplete) <b>Swimmer 6</b> (if Swim Kids 7 complete)

#### AFTER COMPLETING THE SWIMMER PROGRAM, NEXT STEPS INCLUDE:

Swim Kids 8	<b>Swimmer 6</b> (if Swim Kids 8 incomplete) <b>Rookie Patrol</b> (if Swim Kids 8 complete)
Swim Kids 9	<b>Rookie Patrol</b> (if Swim Kids 9 incomplete or complete)
Swim Kids 10	<b>Ranger Patrol</b> (if Swim Kids 10 incomplete) <b>Star Patrol</b> (if Swim Kids 10 complete)



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LIFESAVING SOCIETY®

The Lifeguarding Experts

