



MUNICIPALITY *of the*
COUNTY *of* **KINGS**

What is your child's age by December 4th, 2022?

If your child is aged 2 and under they will be in parent and tot

If your child is age 3-5 they will be in Sea Pup

If your child is age 5-12 they will be in Shark

If your child is 12 and under and has completed their strokes they are in Patrol

If your child is 12 years or older they can join the Bronze Core

Parent and Tot

Parent and Tot is aimed at getting tot used to the water. There will be lots of playing and observing other children swim around. Tots will also work towards going underwater, floating on their front and back, and kicking their legs/moving their arms.



| Sea Pup For children ages 3-5 | | |
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| Level | Items involved | Equivalent Levels |
| Sea Pup 1 | This level is for brand new Sea Pups that are still nervous in the water. They will practice bubbles, floats and glides with the instructor's assistance, and with a Lifejacket. By the end of this level Sea Pups should be more comfortable in the water, and can put their face in. | Red Cross Sea Turtle Lifesaving Preschool 1 |
| Sea Pup 2 | Children in Sea Pup 2 will begin to work towards swimming on their own. They will do their floats and glides on their back, and on their bellies with their face in, for 3m with assistance and a Lifejacket. By the end of this level Sea Pups will be ready to do their floats and glides without any assistance. | Red Cross Sea Otter Lifesaving Preschool 2 |
| Sea Pup 3 | Children will begin to swim on their own without a lifejacket in Sea Pup 3, both on their back, and on their belly with their face in. By the end of this level Sea Pups will be able to float for 3 seconds, and glide for 2 meters on both front and back. | Red Cross Salamander Lifesaving Preschool between 2 and 3 |
| Sea Pup 4 | In Sea Pup 4 children will work on doing their floats for longer, and their glides for further. By the end of this level they will reach 5 seconds for their floats and 5 meters for their glides. | Red Cross Sunfish Lifesaving Preschool 3 |
| Sea Pup 5 | In Sea Pup 5 children will work on reaching 7 meters for their glides. They will also begin to prepare for front crawl and back crawl by practicing with help, and working on their side glides. | Red Cross Crocodile Lifesaving Preschool 4 |
| Sea Pup 6 | In Sea Pup 6 children will work on Front Crawl and Back Crawl. By the end of this level they will be able to swim both strokes 5 meters. | Red Cross Whale Lifesaving Preschool 5 |



| Shark For children ages 5-12 | | |
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| Level | Items involved | Equivalent Levels |
| Shark 1 | This is for brand new swimmers with minimal swimming experience. They will learn to go underwater, swim on their belly, and on their back. By the end of this level Sharks will be able to float on their front (with face in) and back for 3 seconds, and glide on their front (with face in) and back for 2 meters. | Red Cross Salamander Lifesaving Preschool 3 |
| Shark 2 | Shark Two is all about the distance. Kids will work on floating for 5 seconds, and gliding for 7 meters. They will also work on side glides, and begin the foundation for front crawl and back crawl. | Red Cross Sunfish/SK 1 Lifesaving Swimmer 1 |
| Shark 3 | Shark Three is where swimmers will learn the basics of front crawl, back crawl, and whip kick. They will also begin treading without assistance for 15 seconds. Kids front and back glides will also reach 15 meters. | Red Cross SK 3 Lifesaving between Swimmer 1/2 |
| Shark 4 | Now that Sharks have the basics, swimmers will do front crawl and back crawl for 15 meters. Whip kick will now be unassisted. They will also work on different entries like forward rolls and dives. | Red Cross SK 4/5 Lifesaving Swimmer 2 and 3 |
| Shark 5 | In Shark 5 swimmers will complete their front and back crawl for 25 meters. They will also lay the foundation for breaststroke. | Red Cross 6/7/8 Lifesaving Swimmer 4 |
| Shark 6 | In Shark 6 swimmers will continue to build their front and back crawl distance to 50 meters. They will learn full breaststroke, do dives, and run some strength training drills. | Red Cross 8 Lifesaving Swimmer 5 |
| Shark 7 | In Shark 7 swimmers will continue to build their front and back crawl distance to 100 meters, and breaststroke to 50 meters. Swimmers will also work on sidestroke and legs only treading/traveling to prepare for upper levels. | Red Cross 9/10 Lifesaving Swimmer 6 |



Patrol

For children up to age 12 that have completed their levels

Lifesaving Society's Rookie, Ranger, Star Patrol Levels

Swimmers will learn how to save themselves and others in aquatic, and land environments. These three levels act as a buffer for kids who have completed all their shark levels but are not yet ready for the bronze core.

Bronze Core

For youth ages 12+ that want to eventually take their leadership courses

**Lifesaving Society's Bronze Star, Medallion, and Cross
as well as Emergency and Standard First Aid**

Youth will work on obtaining their Bronze Star, Medallion, and Cross. They will also take Emergency and Standard First Aid.

These courses are the prerequisites for the instructor and lifeguarding courses.