

# SWIM LESSONS TRANSITION CHART

## Red Cross *Swim Kids* to Lifesaving Society *Swim for Life* Program

On January 1, 2023, the City of Richmond transitioned from the Canadian Red Cross *Swim Kids* program to the Lifesaving Society's *Swim for Life* program for lessons. The Swim Lesson Transition Chart outlines which level of the *Swim for Life* program swimmers will move into based on their current or previous *Swim Kids* level. Visit [www.richmond.ca/swimlessons](http://www.richmond.ca/swimlessons) to find answers to questions about this transition.

	Previous Swimming Level	Outcome to Previous Swimming Level	Register in NEW Lifesaving Society <i>Swim for Life</i> Program
Parented	Starfish	Based on Age	Parent and Tot 1 – Jellyfish (4–12 months)
	Duck	Based on Age	Parent and Tot 2 – Goldfish (12–24 months)
		Based on Age	Parent and Tot 3 – Seahorse (24–36 months)
Preschool Aged (3–5 yrs)	Sea Turtle	Sea Turtle – Complete or Incomplete	Preschool 1 – Octopus
	Sea Otter	Sea Otter – Incomplete	Preschool 1 – Octopus
		Sea Otter – Complete	Preschool 2 – Crab
	Salamander	Salamander – Incomplete	Preschool 2 – Crab
		Salamander – Complete	Preschool 3 – Orca
	Sunfish	Sunfish – Incomplete	Preschool 3 – Orca
		Sunfish – Complete	Preschool 4 – Sea Lion
	Crocodile	Crocodile – Incomplete	Preschool 4 – Sea Lion
		Crocodile – Complete	Preschool 5 – Narwhal
	Whale	Whale – Incomplete	Preschool 5 – Narwhal
		Whale – Complete	Preschool 5 – Narwhal or Swimmer 1* (*if 6 yrs)
	School Aged (6–12 yrs)	Swim Kids 1	Swim Kids 1 – Incomplete
Swim Kids 1 – Complete			Swimmer 2
Swim Kids 2		Swim Kids 2 – Incomplete	Swimmer 2
		Swim Kids 2 – Complete	Swimmer 3
Swim Kids 3		Swim Kids 3 – Incomplete	Swimmer 3
		Swim Kids 3 – Complete	Swimmer 3
Swim Kids 4		Swim Kids 4 – Incomplete	Swimmer 4
		Swim Kids 4 – Complete	Swimmer 4
Swim Kids 5		Swim Kids 5 – Incomplete	Swimmer 4
		Swim Kids 5 – Complete	Swimmer 5
Swim Kids 6		Swim Kids 6 – Incomplete	Swimmer 5
		Swim Kids 6 – Complete	Swimmer 6
Swim Kids 7		Swim Kids 7 – Incomplete	Swimmer 6
		Swim Kids 7 – Complete	Swimmer 7 – Rookie Patrol (8–12 yrs)
Swim Kids 8		Swim Kids 8 – Incomplete	Swimmer 7 – Rookie Patrol (8–12 yrs)
		Swim Kids 8 – Complete	Swimmer 8 – Ranger Patrol (8–12 yrs)
Swim Kids 9		Swim Kids 9 – Incomplete	Swimmer 8 – Ranger Patrol (8–12 yrs)
		Swim Kids 9 – Complete	Swimmer 8 – Ranger Patrol (8–12 yrs)
Swim Kids 10		Swim Kids 10 – Incomplete	Swimmer 9 – Star Patrol (8–12 yrs)
		Swim Kids 10 – Complete	Junior Lifeguard Club (8–12 yrs)
Youth (10+ yrs)	Swim Kids 10	Swim Kids 10 – Complete	Bronze Star (10+ yrs)
			Junior Lifeguard Club (12+ yrs)
Youth (13–17 yrs)	Teen Basics 1	Based on Age	Teen 1
	Teen Basics 2	Teen Basics 1 – Complete	Teen 2
		New Level – Complete in-person assessment to register	Teen 3
Teen Strokes	Teen Strokes – Complete <b>OR</b> Complete in-person assessment	Teen Fitness Swimmer	
Adult (18+ yrs)	Adult Basics 1	Based on Age	Adult 1
	Adult Basics 2	Adult Basics 1 – Complete	Adult 2
		New Level – Complete in-person assessment to register	Adult 3
Adult Strokes	Adult Strokes – Complete <b>OR</b> Complete in-person assessment	Adult Fitness Swimmer	