

RUSSELL CENTENNIAL POOL SWIM PROGRAM REGISTRATION

If your child...	OFFERED HERE: Lifesaving Society	Previously in Red Cross Swim	Previously in Red Cross AquaQuest	Previously in YMCA
Is 3 to 12 months old and ready to learn to enjoy the water with a parent...	Parent & Tot 1 Not offered here	Starfish	AquaTots 1	Continuing L'il Dippers: Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with a parent...	Parent & Tot 2	Duck	AquaTots 2	Continuing L'il Dippers: Bubbler
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 3 Not offered here	Sea Turtle	AquaTots 3	Continuing L'il Dippers: Bobbers
Is 3 to 5 years old and just starting out on his or her own....	Preschool A	Sea Turtle	Continuing Preschool AQ 1	Continuing L'il Dippers: Bobbers
Can get in and out alone, jump into shallow water, float and glide in a PFD on front and back, blow bubbles and get face wet...	Preschool B	Salamander	Completed Preschool AQ 1	Completed L'il Dippers: Bobbers
Can get in and out alone, jump into shallow water, submerge and exhale underwater, and with a buoyant aid move through the water on front and back...	Preschool C	Sunfish	Completed Preschool AQ 2	Continuing L'il Dippers: Floaters
Can jump into chest-deep water and deep water wearing a PFD; recover objects from the bottom; move through water on front and back, and while wearing a PFD...	Preschool D Not offered here	Crocodile	Completed Preschool AQ 3	Continuing L'il Dippers: Floaters
Can do solo jumps in deep water and get out by themselves; surface support by themselves; and swim 3 - 5 m on front and back...	Preschool E Not offered here	Whale	Completed Preschool AQ 4	Completed L'il Dippers: Floaters
Is 5 to 12 years and just starting out.....	Swimmer 1	Level 1	Completed AQ 1	Continuing L'il Dippers: Floaters/ Learn to Swim I: Otter
Can jump into water with and without a PFD; open eyes and exhale underwater, gets objects off the bottom, floats and moves through the water on front and back...	Swimmer 2	Level 1	Completed AQ 2	Completed L'il Dippers: Divers/Learn to Swim II: Seal
Can jump into deeper water; fall sideways into water wearing a PFD; support self at the surface without an aid; do whip kick; and swim 10 -15m on front and back...	Swimmer 3	Level 2/3	Completed AQ 3/4	Completed Learn to Swim IV: Swimmer
Does cannonballs, dives and rolls into deep water; can tread water; swim underwater; swim front and back crawl; and can do endurance swims of 25-50m...	Swimmer 4	Level 4/5	Completed AQ 5/6	Completed Star 1
Can do dives and stride entries; eggbeater kick; foot-first surface dives; front and back crawl; whip kick; breaststroke arms with breathing; and endurance swims of 50-100m...	Swimmer 5	Level 6	Completed AQ 7	Completed Star 2
Can do shallow dives; eggbeater kick; foot-first sculling; surface dives with underwater swim; front and back crawl and breaststroke over 50m; sprint 25m; and endurance swims of 100-200m...	Swimmer 6	Level 7	Completed AQ 8	Completed Star 3
Wants to continue the development of his/her lifesaving skills, and develop an understanding of emergency first aid	Bronze Star	Level 8	Completed AQ 9	Completed Star 4
Wants to continue the development of his/her lifesaving skills, and develop an understanding of emergency first aid	Bronze Medallion/ Bronze Cross	Level 9	Completed AQ 10	Completed Star 5