

MAKING THE MOVE: UNDERSTANDING LIFESAVING SOCIETY PROGRAMS, FOR SWIMMERS AND PARENTS

Moving away from Canadian Red Cross swim and lifeguard programs is a big change. We're here to help you understand how Lifesaving Society programs compare to Canadian Red Cross Programs.

While many programs have several components within them (such as how Red Cross Swim was made up of Swim Preschool, Swim Kids, and Swim School), the below chart shows a high-level comparison of Canadian Red Cross and Lifesaving Society programs. Keep scrolling for more information on Lifesaving Society Swim programs and transferring to them from Red Cross Swim.

CANADIAN RED CROSS PROGRAM	LIFESAVING SOCIETY EQUIVALENT
Red Cross Swim	Swim for Life
Water Safety Instructor and Water Safety Instructor Trainer	Swim for Life Instructor and Swim for Life Instructor Trainer
Lifeguard and Assistant Lifeguard	National Lifeguard and Bronze Cross
Assistant Lifeguard Instructor, Lifeguard Instructor, and Lifeguard Instructor Trainer	Lifesaving Instructor, National Lifeguard Instructor, and National Lifeguard Instructor Trainer

[See Instructor and Lifeguard transfer information.](#)

[View the complete Swim Kids to Swim for Life transition chart.](#)

PARENT AND TOT PROGRAMS

Swim for Life Parent and Tot structures in-water interaction between parent/caregiver and child to stress the importance of play in developing water-positive attitudes and skills.

Recommended Age: 4 months - 3 years

See Parent and Tot skills
at a glance.

FROM RED CROSS SWIM	TO SWIM FOR LIFE - PARENT AND
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PRESCHOOL	TOT
Starfish	Parent and Tot 1 (4-12 months)
Duck	Parent and Tot 2 (12-24 months)
Sea Turtle	Parent and Tot 3 (2-3 years)

PRESCHOOL PROGRAMS

Swim for Life Preschool ensures children become comfortable in the water and have fun developing a foundation of water skills.

Recommended Age: 3-5 years

See Preschool skills at a
glance.

FROM RED CROSS SWIM PRESCHOOL	TO SWIM FOR LIFE - PARENT AND TOT
Sea Otter	Preschool 1 (if Sea Otter incomplete) Preschool 2 (if Sea Otter complete)
Salamander	Preschool 1 (if Salamander incomplete) Preschool 2 (if Salamander complete)
Sunfish	Preschool 2 (if Sunfish incomplete) Preschool 3 (if Sunfish complete)
Crocodile	Preschool 4 (if Crocodile incomplete) Preschool 5 (if Crocodile complete)
Whale	Preschool 5 (if Whale incomplete) Swimmer 1 or 2 (if 5 years old)



SWIMMER PROGRAMS

The Swimmer program uses in-water practice for swimmers of any ability to develop swimming strokes and skills.

Recommended Age: 5-12 years old

After completing the Swimmer program, next steps include:

- Canadian Swim Patrol (Rookie, Ranger, Star)
- Junior Lifeguard Club
- Bronze Star/Medallion

See Swimmer skills at a
glance.

FROM RED CROSS SWIM KIDS	TO SWIM FOR LIFE - SWIMMER
Swim Kids 1	Swimmer 1 (if Swim Kids 1 incomplete) Swimmer 2 (if Swim Kids 1 complete)
Swim Kids 2	Swimmer 2 (if Swim Kids 2 incomplete or complete)
Swim Kids 3	Swimmer 2 (if Swim Kids 3 incomplete) Swimmer 3 (if Swim Kids 3 complete)
Swim Kids 4	Swimmer 3 (if Swim Kids 4 incomplete or complete)
Swim Kids 5	Swimmer 3 (if Swim Kids 5 incomplete) Swimmer 4 (is Swim Kids 5 complete)
Swim Kids 6	Swimmer 4 (if Swim Kids 6 incomplete) Swimmer 5 (if Swim Kids 6 complete)



Swim Kids 7	Swimmer 5 (if Swim Kids 7 incomplete) Swimmer 6 (if Swim Kids 7 complete)
Swim Kids 8	Swimmer 6 (if Swim Kids 8 incomplete) Rookie Patrol (if Swim Kids 8 complete)
Swim Kids 9	Rookie Patrol (if Swim Kids 9 incomplete or complete)
Swim Kids 10	Ranger or Star Patrol (if Swim Kids 10 incomplete) Bronze Star (if Swim Kids 10 complete)

SWIMABILITIES®

SwimAbilities® is geared towards swimmers with special needs. For SwimAbilities® programming caregivers are in the water providing one-on-focus under the direction of a certified instructor.

Learn more
about SwimAbilities®

ADULT PROGRAMS

In addition to swimming programs geared towards youth, the Lifesaving Society also has programs aimed at adults. Swimming programs include Adult Swimmer and Fitness Swimmer.

Lifesaving and Leadership Programs are also perfect for adults!

ADULT SWIMMER

The Adult Swimmer Program is for beginners or swimmers who want to improve their skills. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and recognizable strokes.



See Adult Swimmer skills
at a glance.

FITNESS SWIMMER

The Fitness Swimmer Program is for swimmers of any age who want to improve their overall physical fitness in the water. Some of the skills covered include: use of pace clocks; stretches; workout design; and distance swimming. Fitness Swimmer provides a structured approach to improve physical fitness based on accepted training principles and practices.

See Fitness Swimmer
skills at a glance.

LIFESAVING PROGRAMS

Swimmers who have completed Swim Kids 8 or above move into the Lifesaving Program. Higher levels of the Lifesaving Program are also great for adults. As long as you're a strong swimmer it's never too late to work towards becoming a lifeguard!

The Lifesaving Program includes:

Canadian Swim Patrol Program

- Rookie Patrol
- Ranger Patrol
- Star Patrol

Bronze Medal awards

- Bronze Star
- Bronze Medallion
- Bronze Cross

National Lifeguard Service® (NL) awards

- National Lifeguard - Pool
- National Lifeguard - Water Park
- National Lifeguard - Waterfront
- National Lifeguard - Surf

Aside from entering the Lifesaving Program, swimmers may also be interested in joining local Lifeguard Clubs (Junior Lifeguard Clubs (JLC) or Senior Lifeguard Clubs (SLC)) where they can continually improve swimming and lifesaving skills and participate in Lifesaving Sport.

Learn more about the
Lifesaving Program



