

Halifax Regional Municipality Swim Program Conversion Chart

The Canadian Red Cross announced this year that it would be eliminating its swim program. Therefore, the Halifax Regional Municipality will be transitioning to the Lifesaving Society's swim program effective January 1, 2023.

Use the chart below to identify your child's age and/or skill level and the corresponding Lifesaving Society program before registration.

If your child....	Register in Lifesaving Society:	COMPLETED Red Cross swim level
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	Parent & Tot 1	Starfish
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	Parent & Tot 2	Duck
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 3	Sea Turtle
Is 3 to 5 years and just starting out on his or her own...	Preschool 1	Sea Otter
Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet...	Preschool 2	Salamander
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec....	Preschool 3	Sunfish
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back...	Preschool 4 Swimmer 1 (5+ years old)	Crocodile
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side...	Preschool 5 Swimmer 1A (5+ years old)	Whale
These beginner swimmers will work on safe entries, exits, and moving through the water. When ready, they'll do floats, glides, and kicking on their front and back without assistance. They'll even explore jumping into deep water and treading water with their lifejackets on.	Swimmer 1	Swim Kids 1
For swimmers who have completed Preschool 4, Preschool 5, or who have been recommended for this level by their previous instructor.	Swimmer 1 advanced	Swim Kids 2
Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...	Swimmer 2	Swim Kids 3
Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back...	Swimmer 3	Swim Kids 4
Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl...	Swimmer 4	Swim Kids 5
Can complete the Canadian Swim to Survive Standard: Roll – Tread (1 min.) – Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m...	Swimmer 5	Swim Kids 6
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m...	Swimmer 6	Swim Kids 7
Can do stride entries and compact jumps; legs-only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout...	Swimmer 7 / Rookie Patrol	Swim Kids 8
Preferred successful completion – Swimmer 7 / Rookie Patrol	Swimmer 8 / Ranger Patrol	Swim Kids 9
Preferred successful completion – Swimmer 8 / Ranger Patrol	Swimmer 9 / Star Patrol	Swim Kids 10