



Crystal Pool Aquatics Programs

Swim Level Conversion Chart

Crystal Pool and Fitness Centre is transitioning to Lifesaving Society Swim for Life lessons in January 2023. Before registering, find your new swim level in the chart below.

If your child...	If Red Cross Swim Level:	Register in Swim for Life Level:
Is 4 to 12 months old and ready to learn to enjoy the water with a parent	Starfish	Parent and Tot 1 – Jellyfish
Is 12 to 24 months old and ready to learn to enjoy the water with a parent	Duck	Parent and Tot 2 – Goldfish
Is 2 to 3 years old and ready to learn to enjoy the water with a parent	Sea Turtle	Parent and Tot 3 – Seahorse
Is 3 to 5 years old and just starting out	Sea Otter	Preschool 1 – Octopus Swimmer 1 (if 5 years+)
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	Salamander	Preschool 2 – Crab Swimmer 1 (if 5 years+)
Can jump into chest-deep water, submerge and exhale underwater, float on front and back assisted for 3 sec	Sunfish	Preschool 3 – Orca Swimmer 1 (if 5 years+)
Can jump into deep water wearing a lifejacket, recover objects from the bottom, hold breath underwater, float, glide and kick on front and back	Crocodile	Preschool 4 – Sea Lion Swimmer 1 (if 5 years+)
Can do solo jumps into deep water, swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side	Whale	Preschool 5 – Narwhal Swimmer 2 (if 5 years+)
Is 5 to 12 years old and just starting out	Swim Kids 1	Swimmer 1
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	Swim Kids 2	Swimmer 2
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	Swim Kids 3	Swimmer 3
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	Swim Kids 4 Swim Kids 5	Swimmer 4
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	Swim Kids 6	Swimmer 5
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 complete a 300 m workout	Swim Kids 7	Swimmer 6
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 complete a 300 m workout	Swim Kids 8	Swimmer 7 / Rookie Patrol
Preferred successful completion – Swimmer 7 / Rookie Patrol	Swim Kids 9	Swimmer 8 / Ranger Patrol
Preferred successful completion – Swimmer 8 / Ranger Patrol	Swim Kids 10	Swimmer 9 / Star Patrol
Preferred successful completion – Swimmer 9 / Star Patrol		Bronze Star



Learn more at:
victoria.ca/crystalpool