

## What Swim Lesson Should I Register For?

### If you have completed swim lessons before:

- If you have completed swim lessons with Haldimand County, you can view the participants' report cards online by using the provided Swimmer ID number. If you have misplaced a Swimmer ID, please contact us for assistance.
- If you have completed lessons with another organization, review the chart below and match the level to your child's ability. If you have any questions, please contact us.

### If you have not completed lessons before:

- Review the chart below and match the level to your child's ability;
- If you are still not sure, contact us at [recreation@haldimandcounty.on.ca](mailto:recreation@haldimandcounty.on.ca) or **905-318-5932, ext. 8383** and we can help you determine which level to sign up for.
- Lastly, you can visit one of our pools for a public swim and ask upon checking in to be observed by a staff member.

If your child is 4 months to 3 years old and...	REGISTER IN	RED CROSS EQUIVALENT
...is ready to learn to swim and enjoy the water with a parent...	Parent and Tot	Starfish, Duck or Sea Turtle
If your child is 3 to 4 years old and...		
...is just starting out on their own or has participated in Parent & Tot ...	Preschool A	Sea Otter
...can get in and out alone, jump into shallow water, float and glide in a PFD on front and back, blow bubbles and get their face wet...	Preschool B	Salamander
...can get in and out alone, jump into shallow water, submerge and exhale underwater and, with a buoyant aid, move through the water on their front and back...	Preschool C	Sunfish
...can jump into chest-deep water and deep water wearing a PFD, recover objects from waist-deep water, move through water on their front and back while wearing a PFD...	Preschool D	Crocodile
...can jump into deeper water and get out; tread water wearing a PFD, open eyes underwater, recover an item from the bottom in chest deep water, front crawl and flutter kick in a PFD...	Preschool E	
If your child is 5 years or older and...		
...is new to lessons and just starting out or requires assistance to float...	Swimmer 1	Swim Kids 1
...can jump into deeper water wearing a PFD, open eyes underwater, float and move through water on their front and back...	Swimmer 2 (Shallow)	Swim Kids 2
...can jump into deeper water with and without a PFD, open eyes and exhale underwater, get objects off the bottom, tread, float and move through the water on front and back...	Swimmer 2 (Deep)	Swim Kids 2
...can jump into deeper water, fall sideways into water wearing a PFD, support themselves at the surface without an aid, do a whip kick and swim 10–15 m on front and back...	Swimmer 3	Swim Kids 3
...does cannonballs, dives and rolls into deep water, can tread water, swim underwater, swim a front and back crawl and endurance swims of 25–50 m...	Swimmer 4	Swim Kids 4 Swim Kids 5
...can do dives and a stride entry, an eggbeater kick, foot-first surface dives, front and back crawl, a whip kick, breaststroke arms with breathing and endurance swims of 50–100 m...	Swimmer 5	Swim Kids 6
...can do shallow dives, an eggbeater kick, foot-first sculling, surface dives with an underwater swim, front crawl/back crawl/breaststroke over 50 m, sprint 25m and endurance swims of 100–200 m...	Swimmer 6	Swim Kids 7
...can do compact jumps, eggbeater kicks for 1 minute, head-up front crawl or breaststroke over 25 m, 100 m front crawl/back crawl/breaststroke and endurance swims 200-300 m...	Swimmer 7/8/9 "Swim Patrol"	Swim Kids 8/9/10
For 14 years and older...		
Whether you're starting out or just want help with your strokes, our Teen & Adult Swim is the program for you! Set your own goals: learn to swim or improve your current swimming ability and water fitness. You'll develop water confidence and smooth, recognizable strokes. We incorporate Lifesaving Society Water Smart education.	Adult and Teen	