

Coquitlam Aquatics Conversion Chart

Coquitlam uses the Lifesaving Society's Swim for Life Program.

If your child previously participated in YMCA or Breaking Waves swimming lessons, please use the chart to determine which level you'll register for in Coquitlam

If your child...	Previously in YMCA:	Previously in Breaking Waves (New West):	Register in Lifesaving Society:
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	Splashers	Caregiver and Tot 01	Parent and Tot 1
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	Bubblers	Caregiver and Tot 02	Parent and Tot 2
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Bobbers	Caregiver and Tot 03	Parent and Tot 3
Is 3 to 5 years and just starting out on his or her own...	Bobbers	Tot Beginner Preschool 01	Preschool 1 Orca
If 6 years+			Swimmer 1
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...	Floaters	Tot Advanced	Preschool 2 Crab
If 6 years+			Swimmer 1
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec...	Gliders Divers	Preschool 02	Preschool 3 Orca
If 6 years+			Swimmer 1
Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back...	Surfers	Preschool 03	Preschool 4 Sea Lion
If 6 years+			Swimmer 1
Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side...	Dippers	Preschool 04	Passed Preschool 5 Narwhal : Swimmer 2
If 6 years+			Incomplete: Swimmer 1

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If your child...	Previously in YMCA:	Previously in Breaking Waves (New West):	Register in Lifesaving Society:
Is 6 to 12 years and just starting out...	Otter	Children - Level 01	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...	Seal	Children - Level 02	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...	Dolphin Swimmer	Children - Level 03 Children - Level 04	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...	Star 1	Children - Level 05	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...	Star 2	Children - Level 06	Swimmer 5
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	Star 3	Children - Level 07	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 300 m workout...	Star 4	Children - Level 08	Swimmer 7 / Rookie Patrol
Preferred successful completion – Swimmer 7 / Rookie Patrol	Star 5	Children - Level 09	Swimmer 8 / Ranger Patrol
Preferred successful completion – Swimmer 8 / Ranger Patrol	Star 6	Children - Level 10	Swimmer 9 / Star Patrol
Preferred successful completion – Swimmer 9 / Star Patrol	Master Swimmer		Bronze Star