



ACHIEVEMENT LEVELS

ACHIEVEMENT LEVEL	GOALS	ITEMS THAT ARE BEING TAUGHT / PRACTICED (CONDENSED VERSION)
EXPLORER	<ul style="list-style-type: none"> * Getting comfortable in the water with some motor skills * Deep water exposure with PFD * (Personal Flotation Device) * Aids being used for most drills 	5m - Front & Back Float 3 to 5m - Flutter Kick on Front & Back Independent Jump into Shallow Water
SAILOR	<ul style="list-style-type: none"> * Getting used to being in the water while developing more motor skills * Aids being used for most drills 	5 sec - Front & Back Float without aid 6 to 8m - Flutter Kick on Front & Back with aid Front & Back Crawl drills
SEAFARER	<ul style="list-style-type: none"> * Slowly progressing to swim without an aid and longer exposure in deeper water * Aids being used for most drills 	9 to 15m - Flutter Kick on Front & Back 3 to 10m - Front & Back Crawl (dependent on age)
ADVENTURER	<ul style="list-style-type: none"> * Being able to confidently swim without an aid * Aids being used for most drills 	15m - Flutter Kick on Front & Back 15m - Front & Back Crawl
VOYAGER	<ul style="list-style-type: none"> * Being able to swim for longer distances and learning lifesaving kick * Aids being used for most drills 	30m - Flutter Kick on Front & Back 30m - Front & Back Crawl 10m - Whip Kick with aid
NAVIGATOR	<ul style="list-style-type: none"> * Strengthening motor skills that were taught in the previous level by adding distance * Aids being used for most drills 	45m - Flutter Kick on Front & Back 45m - Front & Back Crawl 15m - Whip Kick with aid Introduction to Breaststroke
SKIPPER	<ul style="list-style-type: none"> * Distance and endurance will increase from previous level while maintaining good technique * Aids being used for most drills 	60m - Flutter Kick on Front & Back 60m - Front & Back Crawl 30m - Whip Kick with aid 15m - Breaststroke
CO-CAPTAIN	<ul style="list-style-type: none"> * Building on endurance while distance increases while maintaining good technique * Aids being used for most drills 	75m - Flutter Kick on Front & Back 75m - Front & Back Crawl 30m - Breaststroke 120m - Endurance Swim
CAPTAIN	<ul style="list-style-type: none"> * Endurance will be fairly strong with all 3 strokes * Aids being used for most drills 	90m - Flutter Kick on Front & Back 90m - Front & Back Crawl 45m - Breaststroke 180m - Endurance Swim
ADMIRAL	<ul style="list-style-type: none"> * Endurance is strong, able to swim multiple lengths of the pool without getting fatigued with good stroke mechanics * Aids being used for most drills 	105m - Flutter Kick on Front & Back 105m - Front and Back Crawl 60m - Breaststroke 240m - Endurance Swim
See Aquatics Supervisor for complete information for each swim level		

All students will be assessed in order to determine proper level for the program.

Swim Group Conversion Chart – Age 3 -5 Years		
Lifesaving Society	Red Cross	Northstar Aquatics
Preschool A	Sea Otter	Explorer
Preschool B	Salamander	Sailor
Preschool C	Sunfish	Sailor/Seafarer
Preschool D	Sunfish	Seafarer/Adventurer
Preschool E	Sunfish/Crocodile	Adventurer

Swim Group Conversion Chart – Age 5+ Years		
Lifesaving Society	Red Cross	Northstar Aquatics
Swim for Life 1	Swim Kids 1	Explorer
Swim for Life 2	Swim Kids 2/3	Sailor/Seafarer
Swim for Life 3	Swim Kids 3/4	Adventurer/Voyager
Swim for Life 4	Swim Kids 5	Navigator
Swim for Life 5	Swim Kids 6	Skipper
Swim for Life 6	Swim Kids 7	Co-Captain
Swim for Life 7	Swim Kids 8	Captain
Swim for Life 8	Swim Kids 9	Admiral
	Swim Kids 10	

We also offer <i>Rookie , Ranger and Star Patrol</i> as well as <i>Bronze Medallion , Bronze Cross , National Lifeguard , Emergency First Aid and Standard First Aid</i> courses to further progress as a swimmer and lifesaver.		
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Progression Chart for

John Smith



"Believe in yourself, not only in swimming, but in life itself. You always have to have fun. You have to have an open mind. If you're not enjoying it, don't do it. Life's too short."

~ Debbie Meyer
 (American Athlete - who won 3 gold medals in 1968 Olympics)

OPTIONAL CERTIFICATE PROGRAM
 Registrants may enrol in our certificate program where they can earn an achievement sticker for each level passed for a one-time fee of \$10