



PRESCHOOL 1

APPROPRIATE FOR THOSE WHO ARE UNDER 6:

- Equivalent to Red Cross Level: Sea Turtle

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Enter and Exit Shallow Water (Assisted)
- Jump into Chest Deep Water (Assisted)
- Sitting Jump With Submersion (Assisted)
- Face in Water 3 Seconds (Unassisted)
- Blow Bubbles in Water
- Safe Movement in Shallow Water Wearing PFD
- Flutter Kick on Front and Back with Buoyant Aid 2m

- Float on Front and Back 3 Seconds Each (Assisted)
- Glide on Front and Back 3m Each (Assisted)
- Water Smart Messages: Within Arms' Reach; Wear a Lifejacket

LEVELS AVAILABLE AFTER COMPLETION:

- LSS Preschool Swimmer Level: 2
- Or Red Cross Level: Sea Otter
- Those who are 6 or over can move LSS (6 or 10-level) Swimmer Level Program



PRESCHOOL 2

APPROPRIATE FOR THOSE WHO ARE UNDER 6 AND HAVE COMPLETED:

- LSS Preschool Swimmer Level: 1
- Or Red Cross Level: Sea Turtle

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Enter and Exit Shallow Water Wearing PFD
- Jump into Chest Deep Water
- Submerge
- Submerge and Exhale 3 Times

- Float on Front and Back 3 Seconds Each Wearing PFD or with Buoyant Aid
- Glide on Front and Back 3m Each Wearing PFD or with Buoyant Aid
- Roll laterally Front to Back and Back to Front Wearing PFD
- Flutter Kick on Front and Back with Buoyant Aid 5m
- Float on Front and Back 3 Seconds Each (Unassisted)
- Glide on Front and Back 3m Unassisted
- Water Smart Messages: Within Arms' Reach; Wear a Lifejacket

LEVELS AVAILABLE AFTER COMPLETION:

- LSS Preschool Swimmer Level: 3
- Or Red Cross Level: Salamander
- Those who are 6 or over can move LSS (6 or 10-level) Swimmer Level Program



PRESCHOOL 3

APPROPRIATE FOR THOSE WHO ARE UNDER 6 AND HAVE COMPLETED:

- LSS Preschool Swimmer Level: 2
- Or Red Cross Level: Sea Otter

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Jump into Deep Water Wearing PFD, Return and Exit
- Submerge and Exhale 5 Times
- Recover Object From Shallow Water
- Float on Front and Back 5 Seconds Each

- (Unassisted)
- Roll Laterally Back to Front Float (Unassisted)
- Roll Laterally Front to Back Float (Unassisted)
- Glide Front to Back to Front (Assisted)
- Glide on Back 5m with Flutter Kick (Unassisted)
- Front Glide with Kick 5m Unassisted (Instructor Assisted Breathing)
- Front Swim with Arms 3m (Unassisted)
- Water Smart Messages: Within Arms' Reach; Wear a Lifejacket

LEVELS AVAILABLE AFTER COMPLETION:

- LSS Preschool Swimmer Level: 4
- Or Red Cross Level: Sea Otter
- Those who are 6 or over can move LSS (6 or 10-level) Swimmer Level Program



PRESCHOOL 4

APPROPRIATE FOR THOSE WHO ARE UNDER 6 AND HAVE COMPLETED:

- LSS Preschool Swimmer Level: 3
- Or Red Cross Level: Salamander

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Sideways Entry Wearing PFD
- Jump into Deep Water, Return and Exit
- Hold Breath Underwater 3 Seconds
- Recover Object from Waist-Deep Water

- Back Float; Roll to Front; Swim 3m
- Tread Water 10 Seconds Wearing a PFD
- Flutter Kick on Front 5m
- Flutter Kick on Back 7m
- Front to Back to Front Glide With Kick 7m
- Side Glide with Kick 5m (Object Assisted)
- Front Swim with Arms 5m
- Endurance Swim 7m
- Water Smart Messages: Within Arms' Reach; Wear a Lifejacket

LEVELS AVAILABLE AFTER COMPLETION:

- LSS Preschool Swimmer Level: 5
- Or Red Cross Level: Sea Otter
- Those who are 6 or over can move LSS (6 or 10-level) Swimmer Level Program



PRESCHOOL 5

APPROPRIATE FOR THOSE WHO ARE UNDER 6 AND HAVE COMPLETED:

- LSS Preschool Swimmer Level: 4
- Or Red Cross Level: Sun Fish

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Sideways Entry
- Jump into Deep Water, Return and Exit
- Open Eyes Underwater
- Recover Object from Bottom in Chest-Deep Water

- Wearing PFD, Sideways Entry into Deep Water; Tread 15 Seconds; Swim/Kick 5m
- Front Float; Roll to Back; Swim 5m
- Tread Water 10 Seconds
- Glide on Side 3m
- Front Glide/Side Glide, 3 Seconds Each Position 7m
- Front Crawl 5m Wearing a PFD
- Front Crawl 5m (Instructor Assisted Side Breathing)
- Back Glide with Kick 5m (One Arm Up)
- Flutter Kick: on Front 7m, on Back 7m, on Side 5m
- Endurance Swim 10m
- Water Smart Messages: Within Arms' Reach; Wear a Lifejacket

LEVELS AVAILABLE AFTER COMPLETION:

- LSS Preschool Swimmer Level: 6
- Or Red Cross Level: Whale
- Those who are 6 or over can move LSS (6 or 10-level) Swimmer Level Program



PRESCHOOL 6

APPROPRIATE FOR THOSE WHO ARE UNDER 6 AND HAVE COMPLETED:

- LSS Preschool Swimmer Level: 5
- Or Red Cross Level: Crocodile

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Sitting Dive
- Submerge and Hold Breath 5 Seconds
- Recover Object from Bottom in Chest-Deep Water
- Wearing PFD, Sideways Entry into Deep Water; Tread

- 20 Seconds; Swim/Kick 10m
- Tread Water 20 Seconds
- Side Glide with Kick 7m
- Front Crawl 7m
- Back Crawl 5m
- Whip Kick in Vertical Position 20 Seconds with a PFD or Buoyant Aid
- Interval Training; 4x5m Flutter Kick on Back with 30 Second Rests
- Endurance Swim 15m
- Water Smart Messages: Within Arms' Reach; Wear a Lifejacket

LEVELS AVAILABLE AFTER COMPLETION:

- LSS (6 or 10-level) Swimmer Level: 1
- Or Red Cross Level: 1



LSS SWIMMER LEVEL 1

APPROPRIATE FOR THOSE WHO ARE 6 OR OVER AND HAVE COMPLETED:

- LSS Swimmer Level: Preschool 6
- Red Cross Level: Whale

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Enter and Exit Shallow Water
- Tread Water 30 Seconds Wearing PFD
- Hold Breath Underwater for 5 Seconds
- Open Eyes Underwater
- Float on Front and Back 5 Seconds Each

- Front Swim 5m Wearing PFD
- Glide on Front and Back 3m Each
- Roll Laterally Back to Front 3 Seconds Each Side (Float)
- Front and Back Glide with Kick Assisted 7m
- Water Smart Messages: Swim with a buddy; Wear a lifejacket; Check the ice; Swim to survive

LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 2
- Or Red Cross Level: 2
- Or LSS (6-level) Swimmer Level: 2



LSS SWIMMER LEVEL 2

APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 1
- Red Cross Level: 1
- Or LSS (6-level) Swimmer Level: 1

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Jump into Chest Deep Water
- Jump into Deep Water Wearing a PFD
- Tread Water 10 Seconds
- Submerge and Exhale 5 times
- Distance Swim 10m

- Roll Laterally Front to Back and Back to Front
- Flutter Kick on Front and Back 5m Each
- Side Glide with Kick Assisted 5m
- Front Swim with Arms 7m
- Front to Back to Front Glide with Kick (5 sec: 10 sec: 5 sec) 10m
- Interval Training: 4x5m Flutter Kick on Back with 30 Second Rests
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 3
- Or Red Cross Level: 3
- Or LSS (6-level) Swimmer Level: 2



LSS SWIMMER LEVEL 3

APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 2
- Red Cross Level: 2
- Or LSS (6-level) Swimmer Level: 2

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Jump into Deep Water, Return and Exit
- Tread Water 30 Seconds
- Recover Object From Bottom in Chest Deep Water
- Wearing PFD, Jump into Deep Water, Tread 30 Seconds and Swim/Kick 15m

- Glide on Front, Back and Side 3m Each
- Flutter Kick on Back 5m; Reverse Direction and Flutter Kick on Front 5m
- Flutter Kick on Front 5m; Reverse Direction and Flutter Kick on Back 5m
- Slide Glide with Kick 10m
- Front Glide/Side Glide Combination 10m
- Front Crawl 10m (Side Breathing)
- Back Glide with Kick (One Arm Up, One Arm Down 7m)
- Interval Training; 4x5 m Flutter Kick with 20 Second Rests
- Water Smart Messages: Swim with buddy; wear a lifejacket; check the ice; swim to survive

LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 4
- Or Red Cross Level: 4
- Or LSS (6-level) Swimmer Level: 3



LSS SWIMMER LEVEL 4

APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 3
- Red Cross Level: 3
- Or LSS (6-level) Swimmer Level: 2

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Sideways Entry Wearing PFD
- Tread Water 40 Seconds
- Handstand in Shallow Water
- Distance Swim 25m
- Flutter Kick on Front, Back and Side 10m Each

- Front Crawl and Back Crawl 10m Each
- Front Glide/Side Glide Combination 15m
- Interval Training; 4x15m Flutter Kick with 20 Second Rests
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 5
- Or Red Cross Level: 5
- Or LSS (6-level) Swimmer Level: 3



LSS SWIMMER LEVEL 5

APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 4
- Red Cross Level: 4
- Or LSS (6-level) Swimmer Level: 3

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Kneeling Dive into Deep Water
- Forward Roll Entry into Deep Water
- Tread Water 50 Seconds
- Front Somersault (In Water)
- Jump into Deep Water, Tread 30 Seconds and Swim/

Kick 25m

- Whip Kick in Vertical Position 30 Seconds with Aid
- Front Crawl 15m
- Back Crawl 15m
- Whip Kick on Back 10m
- Sprint Front Crawl 25m
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 6
- Or Red Cross Level: 6
- Or LSS (6-level) Swimmer Level: 4



LSS SWIMMER LEVEL 6

APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 5
- Red Cross Level: 5
- Or LSS (6-level) Swimmer Level: 3

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Tuck Jump (Cannonball) into Deep Water
- Tread Water 1 Minute
- Swim Underwater 5m
- Front Crawl 20m
- Back Crawl 20m

- Elementary Backstroke 15m
- Interval Training; 4x25m Front or Back Crawl with 20 Second Rests
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 7
- Or Red Cross Level: 7
- Or LSS (6-level) Swimmer Level: 4



LSS SWIMMER LEVEL 7

APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 6
- Red Cross Level: 6
- Or LSS (6-level) Swimmer Level: 4

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Standing Dive into Deep Water
- Jump Entry into Deep Water, and Tread for 2 Minutes
- Back Somersault (In Water)
- Canadian Swim to Survive Standard: Roll Entry into Deep Water, Tread 1 Minute and Swim 50m

- Whip Kick on Front 15m
- Breaststroke Arms Drill 15m
- Front Crawl and Back Crawl 25m Each
- Elementary Backstroke 25m
- Interval Training; 4x40m Front or Back Crawl with 30 Second Rests
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 8
- Or Red Cross Level: 8
- Or LSS (6-level) Swimmer Level: 5



LSS SWIMMER LEVEL 8

APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 8
- Red Cross Level: 7
- Or LSS (6-level) Swimmer Level: 4

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Shallow Dive into Deep Water
- Legs Only Surface Support 45 Seconds
- Swim Underwater 7m
- Breaststroke 25m
- Front Crawl and Back Crawl 50m Each

- Head up Front Crawl 10m
- Elementary Backstroke 50m
- Sprint Front Crawl and Back Crawl 25m Each
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 9
- Or Red Cross Level: 9
- Or LSS (6-level) Swimmer Level: 6



LSS SWIMMER LEVEL 9

APPROPRIATE FOR THOSE WHO COMPLETED:

- LSS (10-level) Swimmer Level: 8
- Red Cross Level: 8
- Or LSS (6-level) Swimmer Level: 5

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Stride Entry into Deep Water
- Stationary Eggbeater Kick for 30 Seconds
- Swim Underwater 10m to Recover Object
- Roll Entry into Deep Water, Tread 90 Seconds and Swim 75m

- Scissor Kick 15m
- Breaststroke 50m
- Front Crawl and Back Crawl 75m Each
- Head Up Swim 25m
- Elementary Backstroke 75m
- Interval Training; 4x15m Breaststroke with 30 Second Rests
- Sprint Breaststroke 25m
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

LEVELS AVAILABLE AFTER COMPLETION:

- LSS (10-level) Swimmer Level: 10
- Or Red Cross Level: 10
- Or LSS (6-level) Swimmer Level: 6



LSS SWIMMER LEVEL 10

Appropriate for those who completed:

- LSS (10-level) Swimmer Level: 9
- Red Cross Level: 9
- Or LSS (6-level) Swimmer Level: 6

TO COMPLETE THIS LEVEL, CAMPERS WILL BE REQUIRED TO:

- Compact Jump into Deep Water
- Stationary Eggbeater Kick for 1 Minute
- Swim Underwater 10m to Recover Object, Tread for 30 Seconds and Return Object to Side
- Sidestroke 25m

- Breaststroke 100m
- Front Crawl and Back Crawl 100m Each
- Eggbeater on Back 15m
- Elementary Backstroke 100m
- Interval Training; 4x25m Breaststroke with 30 Second Rests
- Workout 300m: 50 Warm Up (Choice of Strokes), 4x25 Front Crawl with 15 Second Rests, 4x25 Back Crawl with 15 Second Rests, 50m Cool Down (Choice of Strokes)
- Water Smart Messages: Swim with a buddy; wear a lifejacket; check the ice; swim to survive

LEVELS AVAILABLE AFTER COMPLETION:

- If 13 or older: Bronze Medallion
- If 12 or younger: Rookie Patrol