City of St. John's
Swim Lesson – Program Equivalency

The City of St. John's will no longer be offering the Canadian Red Cross Swim program. The chart below outlines the level transition from Red Cross to Lifesaving Society Swim for Life program.

Red Cross Adapted Swim Lessons	Lifesaving Society – Adapted Swim Lessons
Adapted Lessons – based on Canadian Red Cross Swim program. Intake forms required.	Adapted Lessons – based on the Lifesaving Society Swim for Life program. Intake forms required.
Red Cross Private Swim Lessons	**Lifesaving Society – Private Lessons**
Private Lessons – based on Canadian Red Cross Swim program	Private Lessons – based on the Lifesaving Society Swim for Life program
Red Cross Swim Preschool	**Lifesaving Society – Swim for Life**
Starfish	Parent & Tot 1 (Age 4 to 12 months)
Duck	Parent & Tot 2 (Age 12 to 24 months)
Sea Turtle	Parent & Tot 3 (Age 24 to 36 months), OR Preschool 1 (unparented) (Age 3 to 6 years)
Sea Otter	Preschool 2 (Age 3 to 6 years)
Salamander, Sunfish	Preschool 3 (Age 3 to 6 years)
Crocodile	Preschool 4 (Age 3 to 6 years)
Whale	Preschool 5 (Age 3 to 6 years)
Red Cross Swim Preschool	**Lifesaving Society – Swim for Life**
Sea Otter	Swimmer 1 (age 5 to 12 years)
Salamander	Swimmer 1 (age 5 to 12 years)
Sunfish	Swimmer 1 (age 5 to 12 years)
Crocodile	Swimmer 1 (age 5 to 12 years)
Whale	Swimmer 2 (age 5 to 12 years)
Red Cross Swim Kids	**Lifesaving Society – Swim for Life**
RCSK 1, RCSK 2	Swimmer 1 (age 5 to 12 years)
RCSK 3, RCSK 4	Swimmer 2 (age 5 to 12 years)
RCSK 5	Swimmer 3 (age 5 to 12 years)
RCSK 6, RCSK 7	Swimmer 4 (age 5 to 12 years)
RCSK 8	Swimmer 5 (age 5 to 12 years)
RCSK 9, RCSK 10	Swimmer 6 (age 5 to 12 years)
Teen Basic 01	Teen 1 (age 12 to 16 years)
Teen Basic 02	Teen 2 (age 12 to 16 years)
Teen Strokes	Teen 3 (age 12 to 16 years)
Adult Basics 1	Adult 1 (age 16+ years)
Adult Basics 2	Adult 2 (age 16+ years)
Adult Basics 2	Adult 3 (age 16+ years)

Aquatic Leadership Development	
Red Cross Programs	**Lifesaving Society Programs**
Participants may have completed Junior lifeguard club or Red Cross Swim Kids or Teen programs. For more detailed information on which level is for you, please see: Lifeguard Training - City of St Johns , or Home | RECconnect (activecommunities.com)	Rookie Patrol (age 8 to 12 years)
	Ranger Patrol (age 8 to 12 years)
	Star Patrol (age 8 to 12 years)
	Bronze Star (age 11 to 13 years)
	Bronze Medallion (Age 13 by final day of course)
Red Cross Assistant Lifeguard	Bronze Cross (Must have Bronze Medallion)
Red Cross Lifeguard	National Lifeguard (Age 15+, Must have Bronze Cross)
Red Cross Water Safety Instructor	Swim for Life Instructors (Age 15+)