



Program Registration Chart

If your child...	Register in:	Previously:
Is 3 to 12 months old and ready to learn to enjoy the water with a parent...	Parent & Tot 1	AquaTots 1
Is 12 to 24 months old and ready to learn to enjoy the water with a parent...	Parent & Tot 2	AquaTots 2
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot 3	AquaTots 3
If your child is 3 to 5 years and...	Register in:	Previously:
Is just starting out on his or her own or participated in AquaTots...	Preschool A	AquaTots
Can get in and out alone, jump into shallow water, float and glide in a PFD on front and back, blow bubbles and get face wet...	Preschool B	Completed Preschool 1
Can get in and out alone, jump into shallow water, submerge and exhale underwater, & with a buoyant aid move through the water on front & back...	Preschool C	Completed Preschool 2
Can jump into chest-deep water & deep water wearing a PFD; recover objects from the bottom; move through water on front & back, & while wearing a PFD...	Preschool D	Completed Preschool 3
If your child is 5 to 13 and...	Register in:	Previously:
Is new to lessons and just starting out...	Swimmer 1	Completed PS1 or PS2
Can jump into water with & without a PFD; open eyes and exhale underwater, get objects off the bottom, & float & move through the water on front & back...	Swimmer 2	Completed AquaQuest 2 or 3 or PS 3
Can jump into deeper water; fall sideways into water wearing a PFD; support self at the surface without an aid; do whip kick; & swim 10-15m on front & back...	Swimmer 3	Completed AquaQuest 4
Does cannonballs, dives & rolls into deep water; can tread water; swim underwater; swim front & back crawl; & can do endurance swims of 25-50m...	Swimmer 4	Completed AquaQuest 5 or 6
Can do dives & stride entry; eggbeater kick; foot-first surface dives; front & back crawl; whip kick; breaststroke arms while breathing; and endurance swims of 50-100m...	Swimmer 5	Completed AquaQuest 7
Can do shallow dives; eggbeater kick; foot-first sculling; surface dives with underwater swim; front & back crawl & breaststroke over 50 m; sprint 25m; & endurance swims of 100-200m...	Swimmer 6	Completed AquaQuest 8
Can do compact jumps; eggbeater kick for 1 min.; head-up front crawl or breaststroke over 25m; 100m front crawl, back crawl, & breaststroke; & endurance swims 200-300m...	Swim Patrol - Rookie	Completed AquaQuest 9
Preferred successful completion - Rookie	Swim Patrol - Ranger	Completed AquaQuest 10
Preferred successful completion - Ranger	Swim Patrol - Star	Completed AquaQuest 11
Preferred successful completion - Star	Bronze Star	Completed AquaQuest 12
If 14 years or older...	Register in:	Previously:
You'll work towards a 15 to 25m swim on your front and back. You'll be able to do jump entries from the side & support yourself at the surface for 10-20 sec. You'll be able to recover an object from the bottom of chest-deep water.	Adult 101	N/A
Kick it up a notch by working towards a 50 to 100m swim. You'll be able to perform dive entries and demonstrate breaststroke arms and breathing over 25m. You'll develop sculling skill and strengths over 10m.	Adult 201	Completed Adult & Teen Level 2
You'll be doing 200 to 300m continuous swims and sprinting 25m. You'll be front crawling, back crawling and breaststroking over 100m. You'll be sculling feet first and swimming 25m head-up. Whew!	Adult 301	Completed Adult & Teen Level 3 or 4
Preferred successful completion - Adult 301	Advanced Leadership	Completed Adult & Teen Level 5

City of Mississauga's
NEW Fall/Winter
**Active
Mississauga**
Program Guide will be
delivered to residents
August 14th thru 17th.

Registration start dates:

Connect2Rec

12:01 a.m. August 20th
www.mississauga.ca

TTR (Touch Tone)

12:01 a.m. August 20th
905-615-4000

Fax

9:00 a.m. August 20th
905-615-4101

Mail or Drop Box

9:00 a.m. August 20th
City of Mississauga
Recreation & Parks,
Customer Service Centre
301 Burnhamthorpe Rd. W.,
Ground Floor,
Mississauga, ON L5B 3Y3

In Person

8:00 a.m. August 27th
Customer Service or any
Community Centre

**Make sure your
child knows the
basics. Can they
pass the
Lifesaving
Society's "Swim
to Survive
Standard"?**

- Roll into deep water
- Tread water for 1 minute
- Swim 50 metres

**Come to the pool
and try it!**