

November 2021

Many local municipalities, such as Burnaby and Coquitlam, follow the Red Cross swim program which differs from the New Westminster swim program you may be used to.

We recommend contacting the facility you are registered with, especially if a child has not been swimming for a while, to confirm all necessary requirements. Swim assessments may be required, and are available at no cost for most programs, to ensure you are registering for the correct level. To get started with your transition to Red Cross, please see the chart below.

What is my New Westminster Swim level? You can find your recommended New Westminster Swim level in [your online account](#) by going to My Profile > My Info > Activity Outcomes.

RED CROSS PROGRAM	NEW WESTMINSTER SWIM	AGE
STARFISH	PARENT & TOT 1	4-12 MONTHS
DUCK	PARENT & TOT 2	12-24 MONTHS
SEA TURTLE	PARENT & TOT 3	24-36 MONTHS
SEA OTTER	TINY TOT BEGINNER	3 YRS
SALAMANDER	TINY TOT ADVANCED	
SEA OTTER	PRE-SCHOOL 1	4-6 YRS
SALAMANDER	PRE-SCHOOL 2	
SUNFISH**	PRE-SCHOOL 3	
CROCODILE**	PRE-SCHOOL 3	
WHALE**	PRE-SCHOOL 4	
SWIM KIDS LEVEL 1	LEVEL 1	6-14 YRS
SWIM KIDS LEVEL 2	LEVEL 2	
SWIM KIDS LEVEL 3**	LEVEL 2	
SWIM KIDS LEVEL 4**	LEVEL 3	
SWIM KIDS LEVEL 5**	LEVEL 4	
SWIM KIDS LEVEL 6	LEVEL 5	
SWIM KIDS LEVEL 7	LEVEL 6	
SWIM KIDS LEVEL 8	LEVEL 7	
SWIM KIDS LEVEL 9	LEVEL 8	
SWIM KIDS LEVEL 10 if incomplete	LEVEL 9	
SWIM KIDS LEVEL 10 if complete	LEVEL 10	
NO EQUIVALENT	LEVEL 11 & 12	
RED CROSS Swim Basics	ADULT 1 & 2	15 YRS & UP
RED CROSS Swim Strokes	ADULT 3 & 4	
<i>**Please note: for these levels we strongly recommend a swim assessment to ensure readiness and correct level placement.</i>		