



SWIM PROGRAM CONVERSION CHART

Age Groups	Red Cross Program	Lifesaving Society Program	YMCA Program
0 - 2 years old accompanied by parent/guardian	Starfish	Parent and Tot 1	Parent and Tot 1 / Splasher
	Duck	Parent and Tot 2	Parent and Tot 2 / Bubbler
	Sea Turtle	Parent and Tot 3	Parent and Tot 2 / Bubbler
3 - 5 years old accompanied by a parent/guardian or on their own	Sea Turtle	Preschool 1	Preschool 1 / Bobber
	Salamander	Preschool 1	Preschool 2 / Floater
	Sunfish	Preschool 2	Preschool 3 / Glider
	Sunfish	Preschool 3	Preschool 4 / Diver
	Crocodile	Preschool 4	Preschool 5 / Surfer
Whale	Preschool 5	Preschool 6 / Jumper	
6 - 12 years old	Swim Kids 1	Swimmer 1	Otter
	Swim Kids 1	Swimmer 1	Seal
	Swim Kids 2/3	Swimmer 2	Dolphin
	Swim Kids 4/5	Swimmer 3	Swimmer
	Swim Kids 6/7	Swimmer 4	Star 1
	Swim Kids 8	Swimmer 5	Star 2
	Swim Kids 9	Swimmer 6	Star 3
	Swim Kids 9 (400m Swim)	Rookie	Star 4
	Swim Kids 10	Ranger	Star 5
	Swim Kids 10 (500m Swim)	Star	Star 6



Swim Levels

What Level Do I Register For?

3) If they are new to swimming lessons, follow the path below:

Ages 0-2

Child will participate in our Splashers and Bubblers program

Ages 3 – 5 yrs

Can the child put their entire face in the water by themselves?

If no = Bobbers

If yes go to next question

Can the child float or glide on their front and back by themselves?

If no = Floaters

If yes go to next question

Can the child swim on their front (face in the water) and back without any help?

If no = Gliders

If yes, for how far?

If 3m = Gliders

If 5m = Diver

If 10m = Surfers/Dippers

Ages 6+ years

Can the child put their face in the water by themselves?

If no = Otter

If yes go to next question

**Can the child swim in the deep end without any help
(pfd, pool noodle, flutter board)?**

If no = Seal

If yes go to next question

**Can your child swim from the deep end all the way to the shallow end
(or close to the end) on their front and back using their arms and legs
without stopping?**

If no = Dolphin,

If yes – when they swim on their front do their arms come out of the water and they turn their head to the side to breathe?

If no = Swimmer

If yes go to next question

**Does your child know how to do whip kick on their back and front
(elementary backstroke and breaststroke)?**

If no = Star One

If yes = Star Three