

Swimming Lesson Conversion Chart

	YMCA Canada	Lifesaving Society	Red Cross
YMCA Preschool Program: 6 Months - 5 years old			
Intro (6-18 mos)	Splashers	Parent & Tot	Starfish
Intro (18 mos – 3yrs)	Bubblers	Parent & Tot	Duck & Sea Turtle
Beginner (3-5yr)	Bobbers	Preschool 1	Sea Otter
Beginner (3-5yr)	Floater	Preschool 1	Salamander
Inter (3-5yrs)	Gliders	Preschool 2	Sunfish
Inter (3-5yrs)	Divers	Preschool 3	Sunfish
Advance (4-5yrs) (Swim with no assistance)	Surfer	Preschool 4	Crocodile
Advance (4-5yrs) (Swim with no assistance)	Jumpers	Preschool 5	Whale
YMCA Learn to Swim & Star Program 6 - 12 years old			
Beginner	Otter	Swimmer 1	Swim Kids 1
	Seal	Swimmer 1	Swim Kids 1
	Dolphin	Swimmer 2	Swim Kids 2-3
	Swimmer	Swimmer 3	Swim Kids 4-5
Intermediate	Star 1	Swimmer 4	Swim Kids 6-7
	Star 2	Swimmer 5	Swim Kids 8
	Star 3	Swimmer 6	Swim Kids 9
	Star 4	Rookie Patrol	Swim Kids 9
Advance	Star 5	Ranger Patrol	Swim Kids 10
	Star 6	Star Patrol	Swim Kids 10
YMCA Teen Swim Program 13-17 years old			
Beginner	Jade	Adult 1	-
Intermediate	Aquamarine	Adult 2	-
Advanced	Coral	Adult 3	-
YMCA Adult Swim Program 18+ years old			
Beginner	Silver	Adult 1	-
	Ruby	Adult 1	-
Intermediate	Golden	Adult 2	-
	Diamond	Adult 2	-
Advanced	Sapphire	Adult 3	-

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Aquatic Advanced Leadership Courses

Bronze Star – Should be able to swim at a Star 2 Level. Ages 10-12yrs

Bronze Medallion – Age 13+ or have Bronze Star.

Bronze Cross - Age 13+, Must have Bronze Medallion & Basic Workplace First Aid

National Lifeguard Pool – Age 15+, Must have Bronze Cross & Intermediate Workplace First Ai