



YMCA Swimming Lessons Conversion Chart

	YMCA Canada	Lifesaving Society	Red Cross	Old Red Cross Program
Early Years: 6 months – 5 years old				
Intro (6mon-1yr)	Splashers	Parent & Tot	Starfish	AquaTot 1
Intro (1yrs – 2yrs)	Bubblers	Parent & Tot	Duck & Sea Turtle	Aqua Tot 2
Beginner (3-5yr)	Bobbers	Preschool 1	Sea Otter	Pre Aqua Q1
Beginner (3-5yr)	Floater	Preschool 1	Salamander	Pre Aqua Q2
Inter (3-5yrs)	Gliders	Preschool 2	Sunfish	Pre Aqua Q3
Inter (3-5yrs)	Divers	Preschool 3 &4	Sunfish	Pre Aqua Q4
Advance (4-5yrs) <i>(Swim with no assistance)</i>	Surfers	Preschool 4 & 5	Crocodile	Pre Aqua Q5
Advance (4-5yrs) <i>(Swim with no assistance)</i>	Dippers	Preschool 5	Whale	Pre Aqua Q5
Youth Instruction – 6 years old +				
Beginner	Otter	Swimmer 1	Swim Kids 1	AquaQuest 1-2
	Seal	Swimmer 1	Swim Kids 1	AquaQuest 3
	Dolphin	Swimmer 2	Swim Kids 2	AquaQuest 4-5
	Swimmer	Swimmer 3	Swim Kids 3-4	AquaQuest 6
Intermediate	Star 1	Swimmer 4	Swim Kids 5	AquaQuest 7
	Star 2	Swimmer 5	Swim Kids 6-7	AquaQuest 8
	Star 3	Swimmer 6	Swim Kids 7-8	AquaQuest 9
	Star 4	Rookie Patrol	Swim Kids 8-9	AquaQuest 10
Advance	Star 5	Ranger Patrol	Swim Kids 9-10	AquaQuest 10-11
	Star 6	Star Patrol	Swim Kids 10	AquaQuest 12
	Star 7	Star Patrol	Swim Kids 10	AquaQuest 12

Lil Dippers	Complete/Incomplete Lil Dippers Levels (6 years old)	Youth Instruction
Bobbers	Complete or Incomplete	Otter
Floater		
Gliders		
Divers	Incomplete	Seal
	Complete	
Surfers	Complete or Incomplete	
Dippers	Incomplete	Dolphin
	Complete	

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 14+, Must have Bronze Medallion & Emergency First Aid

Lifesaving Sport– Should be able to swim at a Star 1 level.

NLS – Age 15+, Must have Bronze Cross