

Swim Lesson Conversion Chart

Age Group	Lifesaving Society Swim Lesson (Current Program)	Red Cross (Former Program)
Parent and Tot (4 months - 3 years) Class Duration - 30 mins	Parent and Tot 1 (4-12 months)	Starfish
	Parent and Tot 2 (13-24 months)	Duck
	Parent and Tot 3 (2-3 years)	Sea Turtle
Preschool (3 - 5 years) Class Duration - 30 mins	Preschool 1 (3 years old) (Entry level into Swim for Life Program)	
	Preschool 2 (3 years old)	Sea Otter
	Preschool 3 (3 years old)	Salamander (3 year olds)
	Preschool 1 (4-5 years old) (Entry level into Swim for Life Program)	
	Preschool 2 (4-5 years old)	Salamander
	Preschool 3	Sunfish
	Preschool 4	Crocodile
	Preschool 5	Whale
Kids (6+ years) Class Duration Swimmer 1 - 30 mins Swimmer 2 to 6 - 45 mins	Swimmer 1 (Entry level into Swim for Life Program)	Swim Kids 1
	Swimmer 2	Swim Kids 2
	Swimmer 3	Swim Kids 3/4
	Swimmer 4	Swim Kids 5
	Swimmer 5	Swim Kids 6
	Swimmer 6	Swim Kids 7
Kids (8+ years) Class Duration - 45 mins	Swimmer 7 - Rookie Patrol (Swim Patrol)	Swim Kids 8
	Swimmer 8 - Ranger Patrol (Swim Patrol)	Swim Kids 9
	Swimmer 9 - Star Patrol (Swim Patrol)	Swim Kids 10
Youth (9-15 years) Class Duration - 45 mins	Youth Swimmer 1 (Entry level into Swim for Life Program)	Youth Swim Basic 1
	Youth Swimmer 2	Youth Swim Basic 2
	Youth Swimmer 3	Youth Strokes

****Please register for a 15 minute Swim Assessment to determine an appropriate level to register in if unsure****

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Adult (16+ years) Class Duration - 45 mins	Adult Swimmer 1 (Entry level into Swim for Life Program)	Adult Swim Basic 1
	Adult Swimmer 2	Adult Swim Basic 2
	Adult Swimmer 3	Adult Strokes
Adapted Aquatics Program (4+ years & all classes parented) Class Duration - 45 mins	Swim Abilities 1	Swim Adapted Level 1
	Swim Abilities 2	Swim Adapted Level 2
	Swim Abilities 3	Swim Adapted Level 3
	Swim Abilities 4	Swim Adapted Level 4
Women, Girls & Transgender Inclusive Programs Youth (9-15 years) Class Duration - 45 mins Adult (16+ years) Class Duration - 45 mins	Youth Swimmer 1- Women & Girls Only	Youth Swim Basic 1 - Women & Girls Only
	Youth Swimmer 2 - Women & Girls Only	Youth Swim Basic 2 - Women & Girls Only
	Youth Swimmer 3 - Women & Girls Only	Youth Strokes - Women & Girls Only
	Adult Swimmer 1 - Women & Girls Only	Adult Swim Basic 1 - Women & Girls Only
	Adult Swimmer 2 - Women & Girls Only	Adult Swim Basic 2 - Women & Girls Only
	Adult Swimmer 3 - Women & Girls Only	Adult Strokes - Women & Girls Only
French Aquatic Programs Preschool (3 - 5 years) Class Duration - 30 mins	Preschool 1 (French)	Sea Otter (French)
	Preschool 2 (French)	Salamander (French)
	Preschool 3 (French)	Sunfish (French)
	Preschool 4 (French)	Crocodile (French)
	Preschool 5 (French)	Whale (French)
Kids (6+ years) Class Duration Swimmer 1 & 2 - 30 mins Swimmer 3 to 6 - 45 mins	Swimmer 1 (French)	Swim Kids 1 (French)
	Swimmer 2 (French)	Swim Kids 2 (French)
	Swimmer 3 (French)	Swim Kids 3/4 (French)
	Swimmer 4 (French)	Swim Kids 5 (French)
	Swimmer 5 (French)	Swim Kids 6 (French)
	Swimmer 6 (French)	Swim Kids 7 (French)
(8+ years) Class Duration - 45 mins	Rookie Patrol (French)	Swim Kids 8 (French)
	Ranger Patrol (French)	Swim Kids 9 (French)
	Star Patrol (French)	Swim Kids 10 (French)
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