



Swim Lesson Conversion Chart

Note: Conversions are an approximation only. If you are unsure what level your child is at, please contact your nearest YMCA centre.

RED CROSS	YMCA	LIFESAVING SOCIETY	AQUARENA
Parent and Tot Lessons: 6 months –3 years old (accompanied by a caregiver 16+)			
Starfish	Parent and tot- Splashers	Parent and tot 1	Parent and tot
Duck	Parent and tot - Bubblers	Parent and tot 2	Parent and tot
Sea Turtle	Parent and tot - Bubblers	Parent and tot 3	Parent and tot
Preschool Swim Lessons: 3 – 5 years old (accompanied by a caregiver 16+ or on their own)			
Sea Otter	Preschool 1/Bobbers	Preschool 1	Parent and tot
Salamander	Preschool 2/3 Floaters/Gliders	Preschool 1/2	Frogs/Penguins
Sunfish	Preschool 4/ Divers	Preschool 3	Penguins
Crocodile	Preschool 5/Surfers	Preschool 4	Penguins/Dolphins
Whale	Preschool 6/Jumpers	Preschool 5	Dolphins
Learn to Swim: 6 – 12 years old			
Swim Kids 1	Otter	Swimmer 1	White
Swim Kids 1	Seal	Swimmer 1	Purple
Swim Kids 2/3	Dolphin	Swimmer 2	Purple/Red
Swim Kids 4/5	Swimmer	Swimmer 3	Red/Green
Swim Kids 6/7	Star 1	Swimmer 4	Green/Aqua
Swim Kids 8	Star 2	Swimmer 5	Aqua/Blue
Swim Kids 9	Star 3	Swimmer 6	Aqua/Blue
Swim Kids 9 (400 m swim)	Star 4	Rookie	Blue/Bronze/Silver
Swim Kids 10	Star 5	Ranger	Bronze/Silver/Gold
Swim Kids 10 (500 m swim)	Star 6	Star	Silver/Gold

Ratios

Parent and Tot (6 mth- 3yrs)

- Splashers / Bubblers 1:10 - 1:15
(Instructor to child), 1:1 (caregiver to child)

Preschool Swim Lessons (3 to 5yrs)

Caregiver accompaniment permitted as necessary

- Bobbers / Floaters / Gliders 1:6
- Divers / Surfers / Jumpers 1:6-8

Learn to Swim (6+yrs)

- Otter 1:6-8/ Seal 1:6-10
- Dolphin / Swimmer 1:8-10

Star (6+yrs)

- Star One & Two 1:8-10
- Star Three & Four 1:10-12
- Star Five & Star Six 1:10-15
- Adult Swimmers 1:10-15