

| AGE          | Lesson Conversion Chart |                     |                                   |           |
|--------------|-------------------------|---------------------|-----------------------------------|-----------|
|              | SEARS I Can Swim        | Red Cross Swim Kids | Life Saving Society               | Y.M.C.A.  |
| Parented     |                         |                     |                                   |           |
| 3 mth - 1 yr | Ducklings               | Starfish            | Parent and Tot 1 (4 – 12 months)  | Splashers |
| 1-3 years    | Dinos                   | Duck                | Parent and Tot 2 (12 – 24 months) | Bubblers  |
|              |                         | Sea Turtle          | Parent and Tot 3 (2 – 3 years)    | Bobbers   |

| Preschool |            |                         |                |                    |
|-----------|------------|-------------------------|----------------|--------------------|
| 3-5 years | Dolphins 1 | Sea Turtle / Salamander | Preschool 1    | Bobbers            |
|           |            |                         | Preschool 2    | Bobbers / Floaters |
| 3-5 years | Dolphins 2 | Salamander / Sunfish    | Preschool 3    | Floaters/Divers    |
|           |            |                         | Preschool 4    | Divers/Surfers     |
| 3-5 years | Dolphins 3 | Crocodile / Whale       | Preschool 5    | Surfers/ Dippers   |
|           |            |                         | Swimmer 1 or 2 | Dippers            |

| School Aged |                            |                                   |                                                                                                         |                |
|-------------|----------------------------|-----------------------------------|---------------------------------------------------------------------------------------------------------|----------------|
| 6 years +   | Stage 1                    | Swim Kids 1                       | Swimmer 1                                                                                               | Otter          |
|             | Stage 1                    | Swim Kids 1                       | Swimmer 1                                                                                               |                |
|             | Stage 1                    | Swim Kids 2                       | Swimmer 2                                                                                               | Otter          |
|             | Stage 1                    | Swim Kids 2                       | Swimmer 2                                                                                               | Seal           |
|             | Stage 1                    | Swim Kids 3                       | Swimmer 2                                                                                               |                |
|             | Stage 2                    | Swim Kids 3                       | Swimmer 3                                                                                               | Seal           |
|             | Stage 2                    | Swim Kids 4                       | Swimmer 3                                                                                               | Dolphin        |
|             | Stage 2                    | Swim Kids 5                       | Swimmer 4                                                                                               | Swimmer        |
|             | Stage 2                    | Swim Kids 6                       | Swimmer 4                                                                                               |                |
|             | Stage 3                    | Swim Kids 7                       | Swimmer 5                                                                                               | Star 1         |
|             | Stage 3                    |                                   | Swimmer 5                                                                                               |                |
|             | Stage 3                    | Swim Kids 8                       | Swimmer 6                                                                                               | Star 2         |
|             | Stage 3                    |                                   | Swimmer 6                                                                                               |                |
|             | Stage 4: I Can Swim FAST   | Swim Kids 9                       | Rookie Patrol                                                                                           | Star 3         |
|             | Stage 4: I Can Dive        | Swim Kids 10                      | Ranger Patrol                                                                                           | Star 4         |
|             | Stage 4 : I Can Synchro    | Swim Kids 10                      | Star Patrol                                                                                             | Star 5/ Star 6 |
|             | Stage 4 : I Can Water Polo |                                   | Bronze Star                                                                                             | Masters        |
|             | Stage 4 : I Can Triathlon  |                                   |                                                                                                         |                |
| 13 years +  | Stage 4: I Can Teach       |                                   | Bronze Medallion                                                                                        |                |
|             |                            |                                   | Bronze Cross                                                                                            |                |
| 14 years +  |                            | Assistant Water Safety Instructor |                                                                                                         |                |
| 16 years +  | I Can Swim Instructor      | Water Safety Instructor           | National Lifeguard Service<br>Lifesaving Instructors<br>Aquatic Emergency Care<br>Lifesaving Instructor |                |