

## Swimming Lesson Cheat Sheet

Our Swimming lessons are Lifesaving Society now instead of Red Cross. The Red Cross is no longer offering swimming lessons.

### Lifesaving Society Vs Red Cross Conversion Chart

LifeSaving Society	Red Cross	Approximate Age
Parent and Tot 1	Starfish	Under 3 with parents in pool
Parent and Tot 2	Duck	
Parent and Tot 3	Sea Turtle	
Preschool 1	Sea Otter	3 to 5 years old
Preschool 2	Salamander	
Preschool 3	Sunfish	
Preschool 4	Crocodile	
Preschool 5	Whale	
Swimmer 1	Level 1	5 turning 6
Swimmer 2	Level 2 + Level 3	7
Swimmer 3	Level 3 + Level 4	8
Swimmer 4	Level 5	9
Swimmer 5	Level 6	10
Swimmer 6	Level 7	11
Rookie	Level 8	11 - 13
Ranger	Level 9	
Star	Level 10	
Bronze Medallion	Bronze Medallion	13
Bronze Cross	Bronze Cross	14