

## Skills and level Conversion chart

Brought to you by Swim Buddies

	Skills At-A-Glance	Lifesaving Society	Red Cross	YMCA	KidsCanSwim	Aqua-Tots
<b>Parent &amp; Tot Levels</b> Age: 4m- 2.5 yrs	Enjoy water with parent. Breath hold. Submersions. Reaches. Water Perception.	Parent & Tot Preschool	Starfish	Lil Dipper 1	K1/2	Tadpoles 1
			Duck Sea Turtle	Lil Dipper 2		Minnows 2
<b>Beginner Levels</b> Min age: 2.5yrs +	Bubbles. Front/Back Kicks. Front/Back Glides. Big Arms/Windmill. Floats & Rolls. Wall Exits. Jumps. Depth Perception.	Swimmer 1	Sea Otter Salamander	Otter	K 3/4	Leap Frogs 3
		Swimmer 2	Sunfish Crocodile Whale Swim Kids1/2/3	Seal	K 5/6	Seahorse 4
<b>Intermediate and Advance Levels</b> Min age: 5yrs +	Front Crawl. Side Breath. Back Crawl. Treading. Whip Kick. Breast Stroke. Dolphin Kick. Flip Turns. Dives. Technique. Interval Training. Endurance Training.	Swimmer 3 Swimmer 4	Swim Kids 4 Swim Kids 5	Dolphin	K 7/8	Starfish 5
		Swimmer 5	Swim Kids 6	Swimmer	K9/10	Seals 6
		Swimmer 6	Swim Kids 7/8 Swim Kids 9/10	Swimmer Star	K 11/12	Sharks 7 Stingrays 8