

The swimming program has courses for all ages!
Follow the progression starting at your age.

NEW

**Parented
4-36 months**



Starfish*



Duck*



Sea Turtle*

*registration and progression is based on child's age, parent/guardian participation is required

**Preschool
3-6 years**



Sea Otter



Salamander



Sunfish



Crocodile



Whale

**School Age
5-12 years**

Swim Kids 1



Swim Kids 2



Swim Kids 3



Swim Kids 4



Swim Kids 5



Swim Kids 6



Swim Kids 7



Swim Kids 8



Swim Kids 9



Swim Kids 10



Rookie Patrol



Ranger Patrol



Star Patrol

**Teen 13+
Adult 18+**

Basics 1



Basics 2



Strokes

Check out
Swim Sports!

See pages
71-72 & 79
for more
information

See pages
83-91 for
leadership
courses

**Red Cross Conversion Chart:
Preschool to Swim Kids Transition**

If they took...	And the level was marked...	Register them in...
Sea Otter or Salamander	Complete or Incomplete	Swim Kids 1
Sunfish	Incomplete	Swim Kids 1
Sunfish	Complete	Swim Kids 2
Crocodile	Incomplete	Swim Kids 2
Crocodile	Complete	Swim Kids 3
Whale	Incomplete	Swim Kids 3
Whale	Complete	Swim Kids 4