



## LEARN-TO-SWIM PROGRAM COMPARISON BY ORGANIZATION

| RED CROSS SWIM PRESCHOOL            | YMCA PRESCHOOL                                       |
|-------------------------------------|--|
| Starfish                            | Splasher   |
| Duck                                | Bubbler (18 mth – 3 yrs)                             |
| Sea Turtle                          | Bubbler (18 mth – 3 yrs)                             |
| Sea Otter                           | Bobbers (3-5 yrs)                                    |
| Salamander                          | Bobbers/Floater                                      |
| Sunfish                             | Glider/Diver   |
| Crocodile                           | Surfer   |
| Whale                               | Dipper (If complete ready for Red Cross Swim Kids 2) |
| RED CROSS SWIM KIDS                 | YMCA LEARN-TO-SWIM & STAR PROGRAM                    |
| Red Cross Swim Kids 1               | Otter (5m swim)                                      |
| Red Cross Swim Kids 2               | Seal (10m swim)                                      |
| Red Cross Swim Kids 3               | Dolphin (30 sec. treading water, 25m swim)           |
| Red Cross Swim Kids 4               | Swimmer (60 sec. treading water, 25m front crawl)    |
| Red Cross Swim Kids 5               | Star 1 (whip kick on back, 75m swim)                 |
| Red Cross Swim Kids 6               | Star 2 (150m swim, elementary back stroke)           |
| Red Cross Swim Kids 7               | Star 3 (300m swim, intro to eggbeater)               |
| Red Cross Swim Kids 8               | Star 4 (400m swim, intro to scissor kick)            |
| Red Cross Swim Kids 9               | Star 5 (500m swim, intro to butterfly)               |
| Red Cross Swim Kids 10 – incomplete | Star 6 (600m swim, all advanced strokes)             |
| Red Cross Swim Kids 10 – complete   | Star 7 (700m swim, intro to competitive swimming)    |
| RED CROSS SWIM FOR ADULTS AND TEENS | YMCA TEEN & ADULT SWIM                               |
| Red Cross Swim Basics 1             | Teen lessons (13-17) Adult lessons (16+)             |
| Red Cross Swim Basics 2             | Teen lessons (13-17) Adult lessons (16+)             |
| Red Cross Swim Strokes              | Teen lessons (13-17) Adult lessons (16+)             |

Updated: August 2015

*Comparison chart should be used as a guide only. Please reference the **Red Cross Swim Instructor Worksheets** to ensure participants are registered in the appropriate level.*