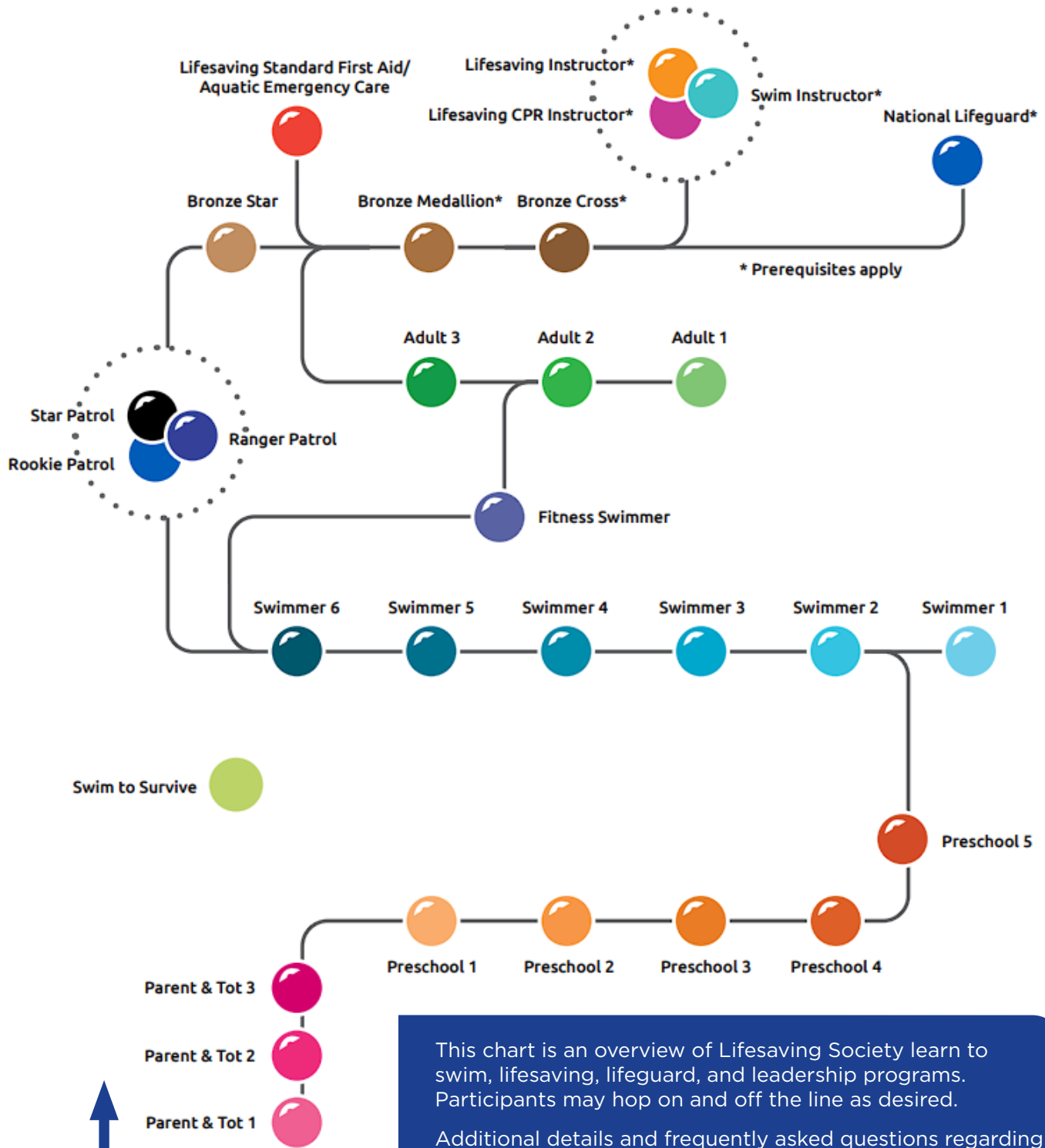


# Program Continuum



**Graph Starts Here.**

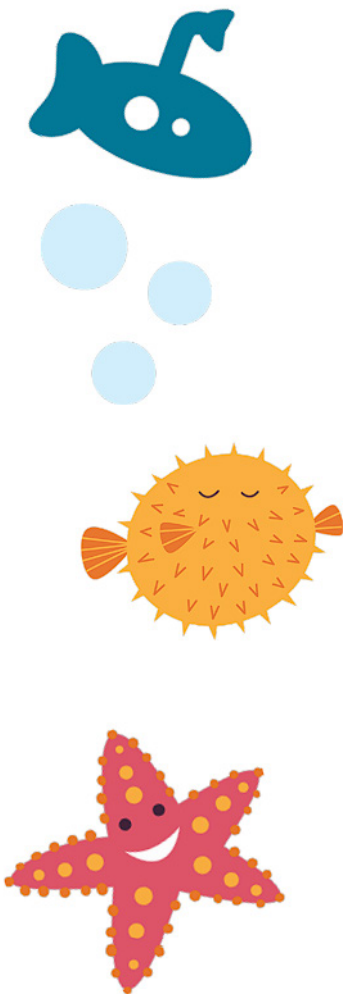
This chart is an overview of Lifesaving Society learn to swim, lifesaving, lifeguard, and leadership programs. Participants may hop on and off the line as desired.

Additional details and frequently asked questions regarding the swim program transitions can be found at: [lifesaving.org/courses-and-programs/red-cross-swim-transition/swim-transition-faqs](https://lifesaving.org/courses-and-programs/red-cross-swim-transition/swim-transition-faqs)



# Conversion Chart

**Swim Presschool** (Red Cross) → **Parent & Tot/Preschool** (Lifesaving Society)



Starfish

Parent & Tot 1

Duck

Parent & Tot 2

Sea Turtle

Parent & Tot 3

Sea Otter

Preschool 1

Salamander

Preschool 2

Sunfish

Preschool 3

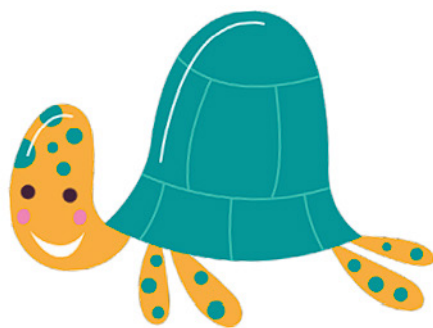
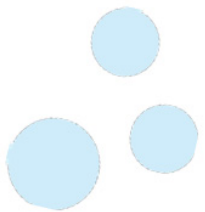
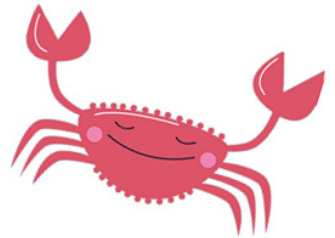
Crocodile

Preschool 4

Whale

Preschool 5

Swimmer 1 or 2  
(at 6 years old)



## Conversion Chart

**Swim Kids**  
(Red Cross)



**Swimmer/  
Canadian Swim Patrol**  
(Lifesaving Society)

Swim Kids 1	Swimmer 1
Swim Kids 2	Swimmer 2
Swim Kids 3	Swimmer 3
Swim Kids 4	Swimmer 3
Swim Kids 5	Swimmer 4
Swim Kids 6	Swimmer 5
Swim Kids 7	Swimmer 6
Swim Kids 8	Canadian Swim Patrol
Swim Kids 9	
Swim Kids 10	Bronze Star*

**\*Next Step: Register in Bronze Medallion.**

If uncertain what level to register your child in,  
please contact Portage Pool at 780-623-6777, or email  
[poolstaff@lacobichcounty.com](mailto:poolstaff@lacobichcounty.com).