



Level Conversion Chart

Life Saving Society → Red Cross Swim Kids

Lifesaving Society	Red Cross	LSS Differences
Preschool 1	Sea Otter	—
Preschool 2	Salamander	—
Preschool 3	Sunfish	—
Preschool 4	Crocodile	—
Preschool 5	Whale	—
Swimmer 1	Swim Kids 1	<ul style="list-style-type: none"> - Floats 5 seconds (RC 3 sec) - Front crawl 5 meters with PFD - Side Glide 3 meters (RC 2)
Swimmer 2	Swim Kids 2 Swim Kids 3	<ul style="list-style-type: none"> - Tread water 15 seconds (RC 3) - Whipkick in vertical position for 30 seconds - Jump into deep water, tread 30 seconds, swim 15 meters (with PFD) - Interval training - Front and Back crawl 10 meters each (RC 3) - Side kicking 10 meters each (RC 3)
Swimmer 3	Swim Kids 4 Swim Kids 5	<ul style="list-style-type: none"> - Jump into deep water, tread 30 seconds, swim 25 meters (RC 4) - Front crawl and back crawl 15 meters (RC 5) - Whipkick on back 10 meters (RC 5) - Interval training
Swimmer 4	Swim Kids 5 Swim Kids 6	<ul style="list-style-type: none"> - Front and back crawl 25 meters each (RC 6) - Swim to survive standard (tread 1 minute, swim 50 meters) - Whipkick on front 15 meters (RC 7) - Interval training - 25 meter sprints
Swimmer 5	Swim Kids 7	<ul style="list-style-type: none"> - Breaststroke 25 meters (RC 9) - Front and back crawl 50 meters (RC 7) - Head-up swim 10 meters
Swimmer 6	Swim Kids 8 Swim Kids 9	<ul style="list-style-type: none"> - Front and back crawl 100 meters (RC 9) - Breaststroke 50 meters (RC 10) - Scissor kick 15 meters (RC 9) - 300 meters workout (RC 8) - Head-up swim 25 meters
Rookie Ranger Star	Swim Kids 10	—

Preschool Levels

Swimmer Levels

Swim Patrol

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