

<b>Lifesaving Swim for Life Vivo Aquatics 2024</b>	<b>YMCA</b>	<b>RED CROSS</b>	<b>I CAN SWIM</b>
Lesson ages 4 months – 5 years old			
Parent & Tot 1 and 2	Splashers	Starfish & Duck	Ducklings/Dinos
Parent & Tot 2 and 3	Bubblers	Duck & Sea Turtle	Ducklings/Dinos
Preschool 1	Bobber/Floater	Sea Otter	Dolphins 1
Preschool 2	Glider	Salamander	Dolphins 1
Preschool 3	Diver	Sunfish	Dolphins 2
Preschool 4	Surfers	Crocodile	Dolphins 3
Preschool 5	Jumpers	Whale	Super Dolphins
Lesson ages 6 years – 12 years			
Swimmer 1	Otter/Seal	Swim Kids 1	Stage 1 - BEG
Swimmer 2	Dolphin	Swim Kids 2	Stage 1 - INT
Swimmer 3	Swimmer/Star 1	Swim Kids 3 & Swim Kids 4	Stage 1 - ADV
Swimmer 4	Star 1	Swim Kids 5	Stage 2 - BEG
Swimmer 5	Star 2	Swim Kids 6	Stage 2 - INT/ADV
Swimmer 6	Star 3	Swim Kids 7	Stage 3 - BEG
Swim Patrol: Rookie	Star 4	Swim Kids 8	Stage 3 - INT/ADV
Swim Patrol: Ranger	Star 5	Swim Kids 9	Stage 3 - INT/ADV
Swim Patrol: Star	Star 6/Star 7	Swim Kids 10	I Can Swim Fast
Bronze Star			
Bronze Medallion			
Bronze Cross			
Lessons – Young Adult ages 13-17 years (Designed for those older students who are learning and wanting to work with others in their age range)			
Young adult 1 (Beginner)	Otter, Seal, Dolphin	Swim Kids 1 and 2	Stage 1 – ALL
Young adult 2 (Intermediate)	Swimmer & Star 1	Swim Kids 3, 4 and 5	Stage 2 – ALL
Young adult 3 (Advanced)	Star 2 & Star 3	Swim Kids 6 and 7	Stage 3 – ALL
Lessons – Adult ages 18+ years			
Adult 1 (Beginner)			
Adult 2 (Intermediate)			
Adult 3 (Advanced)			

