



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSON CONVERSION CHART



OLD CLASS NAME	NEW CLASS NAME	AGES
Shrimp	A WATER DISCOVERY Infant	0-2 YEARS
Kipper	B WATER EXPLORATION Infant	
Inia	A WATER DISCOVERY Toddler	2-3 YEARS
	B WATER EXPLORATION Toddler	
Perch	B WATER EXPLORATION Toddler	
	1 WATER ACCLIMATION Toddler	
Pike	1 WATER ACCLIMATION Preschool	3-6 YEARS
Super Pike	2 WATER MOVEMENT Preschool	
Eel	3 WATER STAMINA Preschool	
Ray	4 STROKE INTRODUCTION Preschool	
Starfish		
Polliwog	1 WATER ACCLIMATION School Age	6-12 YEARS
	2 WATER MOVEMENT School Age	
Guppy	3 WATER STAMINA School Age	
Minnow	4 STROKE INTRODUCTION School Age	
Fish	5 STROKE DEVELOPMENT School Age	
Flying Fish	5 STROKE DEVELOPMENT School Age	
	6 STROKE MECHANICS School Age	
Shark	6 STROKE MECHANICS School Age	
Teen 1	1-3 SWIM BASICS Teen	12-17 YEARS
Teen 2	4-5 STROKE INTRO & DEVELOPMENT Teen	
Teen 3	6 STROKE MECHANICS Teen	
Adult Beginner	1-3 SWIM BASICS Adult	18+ YEARS
Adult Intermediate	4-5 STROKE INTRO & DEVELOPMENT Adult	
Adult Advanced	6 STROKE MECHANICS Adult	