



## Conversion at a glance

AQ level	Skills	Comments	Y/N	LS level
<b>1P</b>	Submerge face	Cannot complete skill		<b>Preschool A</b>
	Front & Back Float Assisted	Cannot complete skill on their own wearing a PFD		<b>Preschool A</b>
	Basic kick front & back Assisted	Cannot complete skill on their own wearing a PFD		<b>Preschool A</b>
	Submerge face & Front & Back Float Assisted & Basic kick front & back Assisted	Can complete skill  If they can complete skill on their own wearing a PFD  If they can complete skill on their own wearing a PFD		<b>Preschool B</b>
<b>2P</b>	Rhythmic breathing 5X	Cannot complete skill		<b>Preschool B</b>
	Front & Back Float Unassisted	Cannot complete skill using an aid		<b>Preschool B</b>
	Front & Back glide Unassisted	Can complete skill using an aid		<b>Preschool C</b>
	Front & Back Float Unassisted & Front & Back Glides Unassisted	Can complete skill  Can complete Skill		<b>Preschool D</b>
<b>3P</b>	Front Glide with proper flutter kick	Can or cannot complete skill		<b>Preschool D</b>
	Back Glide with proper flutter kick	Can or cannot complete skill		<b>Preschool D</b>
	Endurance Swim 5meters	Can or cannot complete skill		<b>Preschool D</b>
<b>4P/5P</b>	Front Crawl 5 meters	Cannot complete skill		<b>Preschool D</b>
	Back glide with kick 10 meters	Cannot complete skill (encourage back crawl)		<b>Preschool D</b>
	Front Crawl 5 meters & Back glide with kick 10 meters	Can complete skill  Complete skill doing back crawl		<b>Preschool E</b>
	& Endurance Swim 15 meters	Can complete skill		



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<b>1</b>	Submerge face	Can or cannot complete skill		<b>Swimmer 1</b>
	Front & Back Float Assisted	Can or cannot complete skill		<b>Swimmer 1</b>
	Basic kick front & back Assisted	Can or cannot complete skill		<b>Swimmer 1</b>
<b>2</b>	Rhythmic breathing 5X	Cannot complete skill		<b>Swimmer 1</b>
	Front & Back Float Unassisted	Cannot complete skill		<b>Swimmer 1</b>
	Front & Back Glide Unassisted	Cannot complete skill		<b>Swimmer 1</b>
	Endurance Swim 2 meters	Cannot complete skill		<b>Swimmer 1</b>
	Front & Back Float Unassisted & Front & Back Glides Unassisted & Endurance Swim 2 meters	Can complete skill  Can complete Skill  If they can complete 3 meters		<b>Swimmer 2</b>
<b>3</b>	Front Glide with proper flutter kick	Can or cannot complete skill		<b>Swimmer 2</b>
	Back Glide with proper flutter kick	Can or cannot complete skill		<b>Swimmer 2</b>
	Endurance Swim 5meters	Can or cannot complete skill		<b>Swimmer 2</b>
<b>4</b>	Front Crawl 5 meters	Cannot complete skill		<b>Swimmer 2</b>
	Back glide with kick 10 meters	Cannot complete skill (encourage back crawl)		<b>Swimmer 2</b>
	Front Crawl 5 meters & Back glide with kick 10 meters	Can complete skill and do it for 10 meters  Can complete skill, using back crawl		<b>Swimmer 3</b>



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AQ level	Skills	Comments	Y/N	LS level
<b>5</b>	Front Crawl 10 meters	Cannot complete skill		<b>Swimmer 3</b>
	Back glide with proper flutter kick 15 meters	Cannot complete skill (should encourage back crawl)		<b>Swimmer 3</b>
	Endurance swim 25 meters	Cannot complete skill		<b>Swimmer 3</b>
	Front Crawl 10 meters & Back glide with proper flutter kick 15 meters & Endurance swim 25 meters	Can complete skill  Can complete skill (should encourage back crawl)  Can complete skill		<b>Swimmer 4</b>
<b>6</b>	Front Crawl 15 meters	Can or cannot complete skill		<b>Swimmer 4</b>
	Back Crawl 15 meters	Can or cannot complete skill		<b>Swimmer 4</b>
	Endurance Swim 50 meters	Can or cannot complete skill		<b>Swimmer 4</b>
<b>7</b>	Front Crawl 25 meters	Cannot complete skill		<b>Swimmer 4</b>
	Back crawl 25 meters	Cannot complete skill		<b>Swimmer 4</b>
	Whip kick on front 10 meters	Cannot complete skill		<b>Swimmer 4</b>
	Endurance Swim 75 meters	Cannot complete Skill		<b>Swimmer 4</b>
	Front Crawl 25 meters & Back crawl 25 meters & Whip kick on front 10 meters & Endurance Swim 75 meters	Can complete skill  Can complete skill  Can complete skill  Can complete skill		<b>Swimmer 5</b>

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AQ level	Skills	Comments	Y/N	LS level
<b>8</b>	Front Crawl 50 meters	Cannot complete skill		<b>Swimmer 5</b>
	Back Crawl 50 meters	Cannot complete skill		<b>Swimmer 5</b>
	Breaststroke 15 meters	Cannot complete skill		<b>Swimmer 5</b>
	Endurance Swim 100 meters	Cannot complete skill		<b>Swimmer 5</b>
	Front Crawl 50 meters & Back Crawl 50 meters & Breaststroke 15 meters & Endurance Swim 100 meters	Can complete skill  Can complete skill  Can complete skill (must be able to do 50 meters)  Can complete skill		<b>Swimmer 6</b>
<b>9</b>	Front Crawl 75 meters	Cannot complete skill		<b>Swimmer 6</b>
	Back Crawl 75 meters	Cannot complete skill		<b>Swimmer 6</b>
	Breaststroke 25 meters	Cannot complete skill		<b>Swimmer 5</b>
	Endurance Swim 200 meters	Cannot complete skill		<b>Swimmer 6</b>
	Front Crawl 75 meters & Back Crawl 75 meters & Breaststroke 25 meters & Endurance Swim 200 meters	Can complete skill (must be able to complete 100 meters)  Can complete skill (must be able to complete 100 meters)  Can complete skill (must be able to complete 100 meters)  Can complete skill		<b>Rookie</b>



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AQ level	Skills	Comments	Y/N	LS level
10	Front Crawl 100 meters	Cannot complete skill		<b>Swimmer 6</b>
	Back Crawl 100 meters	Cannot complete skill		<b>Swimmer 6</b>
	Breaststroke 50 meters	Cannot complete skill		<b>Swimmer 6</b>
	Endurance Swim 300 meters	Cannot Complete Skill		<b>Swimmer 6</b>
	Front Crawl 100 meters & Back Crawl 100 meters & Breaststroke 50 meters & Endurance Swim 300 meters	Can complete skill  Can complete skill  Can complete skill (must be able to complete 100 meters)  Can complete skill		<b>Rookie</b>
11	Front Crawl 100 meters	Can or cannot complete skill		<b>Ranger</b>
	Back Crawl 100 meters	Can or cannot complete skill		<b>Ranger</b>
	Breaststroke 50 meters	Can or cannot complete skill		<b>Ranger</b>
	Endurance Swim 400 meters	Can or cannot complete skill		<b>Ranger</b>
12	Front Crawl 100 meters	Cannot complete skill		<b>Star</b>
	Back Crawl 100 meters	Cannot complete skill		<b>Star</b>
	Breaststroke 75 meters	Cannot complete skill		<b>Star</b>
	Endurance Swim 500 meters	Cannot complete skill		<b>Star</b>
	Front Crawl 100 meters & Back Crawl 100 meters & Breaststroke 75 meters & Endurance Swim	Can complete skill  Can complete skill  Can complete skill  Can Complete Skill		<b>Bronze Star</b>