

Conversion Chart for Red Cross / City of Toronto and YMCA Swim Lessons

Fall 2008

University of Toronto Junior Blues Swimming uses Red Cross

| RED CROSS SWIM PRESCHOOL (3 – 5yrs) | RED CROSS SWIM KIDS (5yrs +) | CITY OF TORONTO Guardian (0-5yrs) | CITY OF TORONTO Preschool (3-4yrs) | CITY OF TORONTO Ultra (5yrs +) | YMCA Lil' Dippers (18 mo -5yrs) | YMCA Learn to Swim (6 years+) |
|-------------------------------------|------------------------------|-----------------------------------|------------------------------------|--------------------------------|----------------------------------|--------------------------------|
| Starfish (Parent & Tot) | Level 1 | Guardian Swim | | Ultra Swim 1 | Splashers | Otter |
| Duck (Parent & Tot) | Level 1 | Guardian Swim | | Ultra Swim 1 | Bubblers | Otter |
| Sea Turtle | Level 1 | Guardian Swim | Preschool Swim 1 | Ultra Swim 1 | Bobbers | Otter |
| Salamander | Level 1 | | Preschool Swim 2 | Ultra Swim 1 | Floaters/ Gliders | Otter |
| Sunfish | Level 2 | | Preschool Swim 3 | Ultra Swim 2 | Divers | Seal |
| Crocodile | Level 3 | | | Ultra Swim 3 | Surfers | Seal |
| Whale | Level 3 | | | Ultra Swim 3 | Surfers / Dippers | Seal |
| | Level 4 | | | Ultra Swim 4 | | Dolphin |
| | Level 5 | | | Ultra Swim 5 | | Star 1 |
| | Level 6 | | | Ultra Swim 6 | | Star 2 |
| | Level 7 | | | Ultra Swim 7 | | Star 3 |
| | Level 8 | | | Ultra Swim 8 | | Star 4 |
| | Level 9 | | | Ultra Swim 9 | | Star 5 |
| | Level 10 | | | | | Star 6 |

This chart provides approximate equivalencies. If your child has completed a level, they should progress to the next level in the appropriate column, if they have not completed the level, then they should be registered in the equivalent level in the same row.

Example 1: Your child has completed Ultra 3, they should register in Swim Kids 4.

Example 2: Your child has not completed all of the items in the City of Toronto Preschool 3, they should register in Sunfish if they are 5 years or younger, or Swim Kids 2 if they are 5 years or older (5 year olds can register in either Red Cross Preschool or Swim Kids).

U of T pools are deep. Tot docks (tables children can stand on to keep their head out of the water) are used for the introductory levels, but it is best to err on the side of caution, especially if your child is coming from a shallow program to a deep water class.