


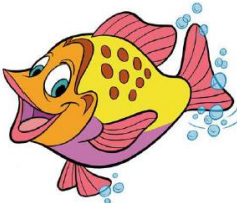



Transferring from Swim Preschool (ages 3 – 5) to Swim for Life (ages 5+)

Preschool Program	Swim for Life Program
<p style="text-align: center;">Red Cross Sea Turtle</p> 	<p>Swim for Life 1</p>
<p style="text-align: center;">Red Cross Sea Otter</p> 	<p>Swim for Life 1</p>
<p style="text-align: center;">Red Cross Salamander</p> 	<p>Swim for Life 1</p>
<p style="text-align: center;">Red Cross Sunfish</p> 	<p>Swim for Life 2</p>
<p style="text-align: center;">Red Cross Crocodile</p> 	<p>Swim for Life 2</p>

Swim for Life, City of Toronto & YMCA Conversion Chart

NOTE: for conversion from Red Cross Swim Kids to Swim for Life Please click [here](#)

Swim for Life (5+ yrs)	City of Toronto Ultra (5+ yrs)	YMCA Learn to Swim (6+ yrs)
Swim for Life 1	Ultra Swim 1	Otter
Swim for Life 2	Ultra Swim 2 Can swim 5m	Seal
Swim for Life 3 Can swim 10m	Ultra Swim 3 Can swim 10m	Seal
Swim for Life 4 Can swim 15m	Ultra Swim 4 Can swim 25m	Dolphin
Swim for Life 5 Can swim 25m	Ultra Swim 5 Can swim 75m	Star 1
Swim for Life 6 Can swim 50m	Ultra Swim 6 Can swim 150m	Star 2
Swim for Life 7 Can swim 75m	Ultra Swim 7 Can swim 200m	Star 3
Swim for Life 8 Can swim 300m	Ultra Swim 8 Can swim 300m	Star 4
Swim for Life 9 (Rookie)	Ultra Swim 9 or Rookie Can swim 400m	Star 5
Swim for Life 10 (Ranger)	Ranger	Star 6