

# PROGRAM COMPARISON CHART

IF YOUR CHILD....	GTA SWIM	RED CROSS	CITY OF TORONTO	YMCA
Is 4 to 12 months old and ready to learn to enjoy the water with parent...	Parent & Tot	Starfish	Guardian 1	Splashers
Is 12 to 24 months old and ready to learn to enjoy the water with parent...	Parent & Tot	Duck	Guardian 2	Bubblers
Is 2 to 3 years old and ready to learn to enjoy the water with a parent...	Parent & Tot	Turtle	Guardian 3	Bobbers
Is 3 to 5 years and just starting out on his or her own....	Preschool 1	Sea Turtle	Guardian	Bobbers
If 5 years+...	Swimmer 1		Ultra 1	
Can get in and out and jump into chest-deep water assisted; float and glide on front and back; blow bubbles and get face wet...	Preschool 2	Salamander	Ultra 1	Floater
If 5 years+...	Swimmer 1			
Can jump into chest-deep water; submerge and exhale underwater; float on front and back assisted for 3 sec....	Preschool 3	Sunfish	Ultra 2	Gliders Divers
If 5 years+...	Swimmer 1			

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IF YOUR CHILD....	GTA SWIM	RED CROSS	CITY OF TORONTO	YMCA
<p>Can jump into deep water wearing a lifejacket; recover objects from the bottom; hold breath underwater; float, glide and kick on front and back...</p> <p>If 5 years+...</p>	<p>Preschool 4</p> <p>Swimmer 1</p>	<p>Crocodile</p>	<p>Ultra 3</p>	<p>Surfers</p>
<p>Can do solo jumps into deep water; swim front crawl 5 m wearing a lifejacket and flutter kick on front, back and side...</p> <p>If 5 years+...</p>	<p>Preschool 5</p> <p>Swimmer 2</p>	<p>Whales</p>	<p>Ultra 3</p>	<p>Dippers</p>
<p>Is 5 to 12 years and just starting out...</p>	<p>Swimmer 1</p>	<p>Swim Kids 1</p>	<p>Ultra 1</p>	<p>Otter</p>
<p>Can jump into chest-deep water by themselves and into deep-water wearing a lifejacket; open eyes, hold breath, and exhale underwater; float, kick and glide on front and back...</p>	<p>Swimmer 2</p>	<p>Swim Kids 2</p>	<p>Ultra 2</p>	<p>Seal</p>

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IF YOUR CHILD....	GTA SWIM	RED CROSS	CITY OF TORONTO	YMCA
Can jump into deep water and do a sideways entry wearing a lifejacket; support self at the surface for 15 sec.; do whip kick in vertical position; and swim 10 m on front and back...	Swimmer 3	Swim Kids 3	Ultra 3/4	Dolphin
Can tread for 30 sec.; do kneeling dives and front somersaults; 10 m whip kick on back; and swim 15 m front crawl and back crawl...	Swimmer 4	Swim Kids 4 Swim Kids 5	Ultra 5	Star 1
Can complete the Canadian Swim to Survive Standard: Roll - Tread (1 min.) - Swim (50 m); dive; swim underwater; 15 m whip kick on front; breaststroke arms with breathing; and swim front and back crawl 25 m...	Swimmer 5	Swim Kids 6	Ultra 6	Star 2
Can do shallow dives and cannonballs; eggbeater and scissor kick; swim 50 m front and back crawl; breaststroke for 25 m; sprint 25 m; interval training 4 x 50 m...	Swimmer 6	Swim Kids 7	Ultra 7	Star 3

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IF YOUR CHILD....	GTA SWIM	RED CROSS	CITY OF TORONTO	YMCA
Can do stride entries and compact jumps; legs- only surface support for 45 sec.; sprint 25 m breaststroke; swim 100 m of front crawl and back crawl and 300 m workout...	Swimmer 7 (Rookie Patrol)	Swim Kids 8	Ultra 8	Star 4
Preferred successful completion - Swimmer 7 (Rookie Patrol)	Swimmer 8 (Ranger Patrol)	Swim Kids 9	Ultra 9	Star 5
Preferred successful completion - Swimmer 8 (Ranger Patrol)	Swimmer 9 (Star Patrol)	Swim Kids 10		Star 6
Preferred successful completion - Swimmer 8 (Ranger Patrol)	Bronze Star			Master Swimmer

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

**You may also schedule an assessment by emailing [info@gtaswim.com](mailto:info@gtaswim.com)**