



Swimming Lesson Conversion Chart

RED CROSS SWIM > SWIM FOR LIFE

Starting in **September 2022**, Vecova's Aquatics, Health and Fitness will now be offering from **Swim for Life** swimming lessons from the Lifesaving Society in place of Red Cross Swim programs.

We've created the chart below to help you find out which Swim for Life program is the best fit for your child:

RED CROSS PARENTED PRESCHOOL SWIM PROGRAM	SWIM FOR LIFE PARENT AND TOT
STARFISH	PARENT AND TOT 1 (4-12 months)
DUCK	PARENT AND TOT 2 (12-24 months)
SEA TURTLE	PARENT AND TOT 3 OR PRESCHOOL 1 (2-3 years)

RED CROSS UNPARENTED PRESCHOOL SWIM PROGRAM	COURSE STATUS	SWIM FOR LIFE PRESCHOOL (AGES 3-5)
SEA OTTER	INCOMPLETE	PRESCHOOL 1
	COMPLETE	PRESCHOOL 2
SALAMANDER	INCOMPLETE	PRESCHOOL 2
	COMPLETE	PRESCHOOL 3
SUNFISH	INCOMPLETE	PRESCHOOL 3
	COMPLETE	PRESCHOOL 4
CROCODILE	INCOMPLETE	PRESCHOOL 4
	COMPLETE	PRESCHOOL 5
WHALE	INCOMPLETE	PRESCHOOL 5
	COMPLETE	PRESCHOOL 5

RED CROSS SWIM KIDS PROGRAM	COURSE STATUS	SWIM FOR LIFE SWIMMER (AGES 6-12)
SWIM KIDS LEVEL 1	INCOMPLETE	SWIMMER 1
	COMPLETE	SWIMMER 2
SWIM KIDS LEVEL 2	INCOMPLETE	SWIMMER 2
	COMPLETE	SWIMMER 2
SWIM KIDS LEVEL 3	INCOMPLETE	SWIMMER 2
	COMPLETE	SWIMMER 3
SWIM KIDS LEVEL 4	INCOMPLETE	SWIMMER 3
	COMPLETE	SWIMMER 3
SWIM KIDS LEVEL 5	INCOMPLETE	SWIMMER 3
	COMPLETE	SWIMMER 4
SWIM KIDS LEVEL 6	INCOMPLETE	SWIMMER 4
	COMPLETE	SWIMMER 5
SWIM KIDS LEVEL 7	INCOMPLETE	SWIMMER 5
	COMPLETE	SWIMMER 6
SWIM KIDS LEVEL 8	INCOMPLETE	SWIMMER 6
	COMPLETE	ROOKIE PATROL
SWIM KIDS LEVEL 9	INCOMPLETE	ROOKIE PATROL
	COMPLETE	RANGER PATROL
SWIM KIDS LEVEL 10	INCOMPLETE	RANGER PATROL
	COMPLETE	STAR PATROL

If you have any questions or concerns, please connect with our Aquatics, Health and Fitness team at **(403) 284-1121** or info@vecova.ca