

Swim Lessons Levels Placement

Pre-school – Must be between ages 3-5. No skills prerequisites.

Level 1 – Must be at least 4 years old and able to complete the following skills:

- Enter water independently and travel at least 5 yds.
- Blow bubbles for 3 sec.
- Glide on front for 2 body lengths (with assistance)
- Roll from front to back (with assistance)
- Float on back for 3 sec. (with assistance)
- Recover from front and back float to a standing position (with assistance)

Level 2 – Must be at least 4 years old and able to complete the following skills:

- Enter and exit the water independently
- Bob (completely submerge head and recover while standing) 3 times
- Float on front and back for 3 sec.
- Glide on front and back for 2 body lengths
- Recover from front and back float to a standing position (with assistance)
- Roll from front to back and back to front (with assistance)
- Coordinated arm and leg action, on front and back, while floating (with assistance)

Level 3 – Must be at least 4 years old and able to complete the following skills:

- Move from standing in chest deep water to front and back float
- Recover from front and back float to a standing position
- Roll from front to back and back to front
- Retrieve submerged objects independently
- Coordinated arm and leg action, on front and back, while floating

Level 4 – Must be at least 4 years old and able to complete the following skills:

- Head first and feet first entries into deep water
- Tread for 30 sec.
- Float on front and back for 30 sec.
- Move from vertical position in water to horizontal position on front and back (in water above the head)
- Rotary breathing
- Dolphin and scissors kick
- Front crawl and elementary backstroke for 15 yds.

Level 5 – must be at least 4 years old and able to complete the following skills:

- Head first and feet first entries into deep water
- Feet first surface dive in deep water
- Swim front crawl and elementary backstroke for 25 yds.
- Tread for at least 2 min. using 2 different kicks
- Breaststroke, back crawl, butterfly, and sidestroke for 15 yds.