

What level is appropriate for my child?

Parent-Child

Level A [6 months to 2 years] - Introduces basic skills to parents and children

Level B [2 to 4 years] – Parents work with reluctant children to enter water & introduce basic water skills

Preschool [4-5 years old]

Level 1:

- Little/no water experience or still uncomfortable in water

Level 2:

- Should be able to:
 - Enter the water independently**While assisted:**
 - Submerge face in water
 - Blow bubbles 3 seconds
 - Glide 2 body lengths on front
 - Float on their back 3 seconds

Level 3:

- Should be able to independently:
 - Use arm/leg motions to swim a body length (4ft.)
 - Roll to back and front
 - Swim on their back for a body length
 - Back float 5 seconds

Level 4:

- All skills are performed *independently* to enroll
 - Front and back float 15 seconds
 - Push off wall
 - Swim on front with arm/leg movements 3 body lengths
 - Roll to back floating 15 seconds
 - Swim 3 more body lengths on their back

**** [Turn over for Youth Levels (ages 6-13)]****

What level is appropriate for my child?

Youth [6-13 years old]

Level 1:

- Little/no water experience or still uncomfortable in water

Level 2:

- Should be able to:
 - Enter the water independently
 - Fully submerge underwater 3 times
 - Glide 2 body lengths on front
 - Float on back 3 seconds

Level 3:

- Should be able to *independently*:
 - Front and back float 5 seconds
 - Use arm/leg motions on front to swim 3 body lengths
 - Roll to back and float 15 seconds
 - Roll and swim 3 more body lengths on their back

Level 4:

- Should be able to *independently*:
 - Perform front crawl
 - Elementary backstroke 15 yards
 - Treading water & floating on back 30 seconds
 - Enter the water headfirst from sitting and kneeling positions

Level 5:

- Should be able to *independently*:
 - Swim a full length (25 yards) of freestyle, backstroke and elementary backstroke
 - Swim 15 yards of breaststroke
 - Know butterfly kick

Level 6:

- Expected to know freestyle, backstroke, breaststroke, and butterfly
- Should understand flip turns
- Must be proficient in basic diving skills

****[Turn over for Parent-Child Levels and Preschool Levels (ages 4-5)]****