

Swimming Lessons: What level should I register my child for?

To determine what level you should register your child for, use these basic guidelines. If they can pass all aspects described in the level without struggle, they are ready for the next level. Swimmers may be moved up or down in level during the first two days of class if necessary to ensure the student successfully completes the skills necessary for that level. Swimmers taking level 1 and higher must be potty trained.

Parent/Tot: 30 minutes (age 6 months – 4 years)

- This class is for the parent and child to take together and introduces the child to the water

Level 1: 30 minutes

- Blowing bubbles through mouth and nose with eyes in the water for 3 seconds
- Back float for 3 seconds with support
- Bobbing 3 times

Level 2: 30 minutes

- Front float for 3 seconds
- Back float for 15 seconds
- Combined arm and leg actions on front and back

Level 3: 30 minutes

- Tread water for 30 seconds
- Front crawl for 15 yards with rotary breathing
- Elementary backstroke for 15 yards

Level 4: 45 minutes

- Front crawl for 25 yards
- Breaststroke for 15 yards
- Butterfly for 15 yards

Level 5: 45 minutes

- Tread water for 5 minutes
- Front crawl and elementary backstroke for 50 yards
- Back crawl, breaststroke, butterfly and sidestroke for 25 yards

Level 6: 45 minutes

- Front crawl, elementary backstroke for 100 yards
- Back crawl, breaststroke, sidestroke and butterfly for 50 yards
- Front crawl and back crawl flip turns



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