

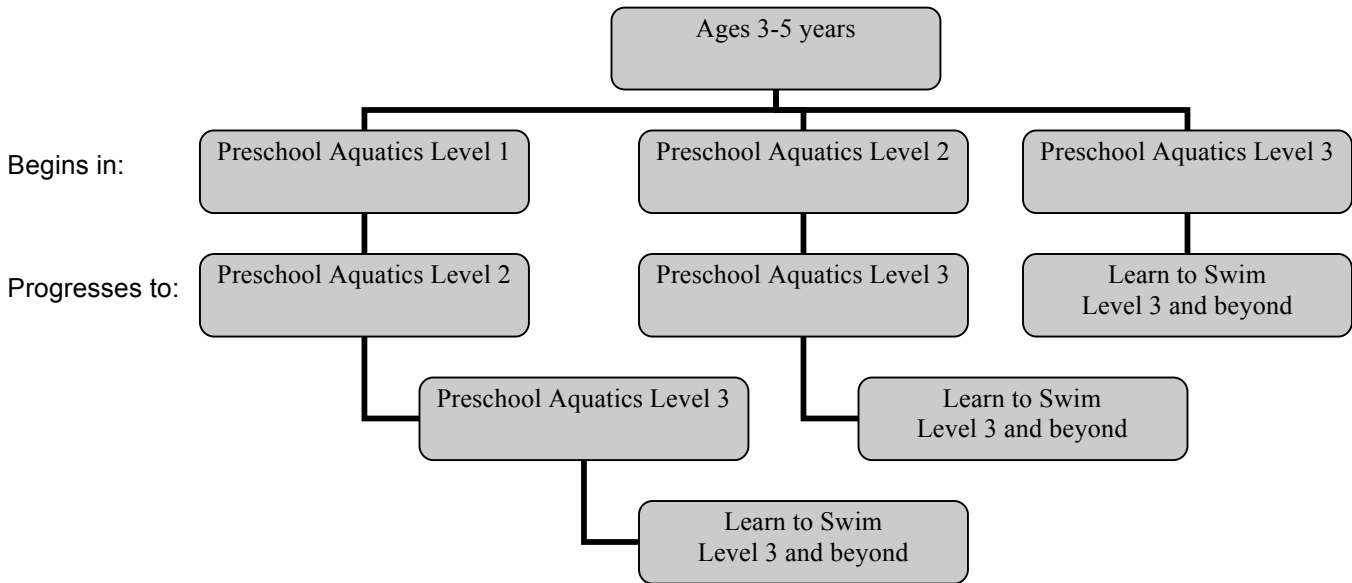
Learn to Swim Course Selection Guide

PLEASE NOTE: Your child's success in swimming lessons will be influenced by their physical comfort while in the water and on the pool deck. Pool water temperatures are meant to be conducive to quality instruction. We have made every effort to assure a welcoming and supportive environment. Because each child is physically different, it is important that you first bring your child to the instructional setting and assure their comfort with the pool water temperature before enrolling in our classes.

To sign up for this level	The participant must meet the following pre-qualifications
Parent Child Level A	Ages 6-18 months
Parent Child Level B	Ages 18-36 months
Preschool Aquatics Level 1	Ages 3-5 years <ul style="list-style-type: none"> ✓ Afraid of Water or ✓ Little or no swimming experience
Preschool Aquatics Level 2	Ages 3-5 years <ul style="list-style-type: none"> ✓ All skills can be done with support ✓ Enters the water independently ✓ Move 5 yards, submerge to mouth and blow bubbles for 3 seconds and safely exit the water ✓ Glide on front 2 body lengths, roll to back, float on back for 3 seconds and recover to vertical position
Preschool Aquatics Level 3	Ages 3-5 years <ul style="list-style-type: none"> ✓ All skills can be done with assistance ✓ Glide on front 2 body lengths, roll to back, float on back for 5 seconds and recover to vertical position ✓ Glide on back 2 body lengths, roll to front, float on front for 5 seconds and recover to vertical position ✓ Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths ✓ Upon completion, child moves to Learn to Swim Level 3
Learn to Swim Level 1	Age 6 and over <ul style="list-style-type: none"> ✓ Afraid of Water or ✓ Little or no swimming experience
Learn to Swim Level 2	Age 6 and over and able to perform the following skills <ul style="list-style-type: none"> ✓ Enters the water unassisted ✓ Move 5 yards, bob 5 times to chin level and safely exit the water ✓ Glide on front with support for 3 seconds and recover to vertical position
Learn to Swim Level 3	Age 6 and over and able to perform the following skills <ul style="list-style-type: none"> ✓ Step from the pool side into chest-deep water ✓ Move into a front float for 5 seconds, roll over to back, float for 5 seconds, return to vertical position ✓ Move into back float for 5 seconds, roll to front, recover to vertical position ✓ Push off and swim using a combination of arm and leg actions for 5 body lengths on the front, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths
Learn to Swim Level 4	Age 6 and over and able to perform all of the following skills <ul style="list-style-type: none"> ✓ Jump into deep water from the pool side ✓ Swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds, and swim elementary backstroke for 15 yards
Learn to Swim Level 5	Age 6 and over and able to perform all of the following skills <ul style="list-style-type: none"> ✓ Perform a feet-first entry into chest-deep water ✓ Swim front crawl for 25 yards, change direction, swim elementary backstroke for 25 yards ✓ Swim breaststroke for 15 yards, change direction, swim back crawl for 15 yards
Learn to Swim Level 6	Age 6 and over and able to perform all of the following skills <ul style="list-style-type: none"> ✓ Perform a shallow-angle dive into deep water ✓ Swim front crawl for 50 yards, change direction, swim elementary backstroke for 50 yards ✓ Swim breaststroke for 25 yards, change direction, swim back crawl for 25 yards
Guard Start	Ages 11-14 and able to perform all of the following skills <ul style="list-style-type: none"> ✓ Swim 500 yards continuously using the strokes in the following order: front crawl- 100 yards; back crawl- 100 yards; breaststroke- 50 yards; elementary backstroke- 50 yards; sidestroke- 50 yards; butterfly- 50 yards; and choice of stroke- 100 yards ✓ Swim 20 yards using front crawl or breaststroke to a depth of 7-10 ft, retrieve a 10 lb object, return to the surface and swim 20 yards back on the back or side to the starting point with the object (student must hold object with both hands and keep his/ her face out of water)
Adult Beginner	<ul style="list-style-type: none"> ✓ Is afraid of the water OR ✓ Has little or no swimming experience
Adult Intermediate	<ul style="list-style-type: none"> ✓ Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position. ✓ Push off and swim using a combination of arm and leg actions for 15 feet on the front ✓ Push off and swim using a combination of arm and leg actions for 15 feet on back
Adult Advanced	<ul style="list-style-type: none"> ✓ Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards. ✓ Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.



Child will place into one of the baseline levels, based on current skills. Upon completion of first level, child will progress to level underneath.



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