**Swim Level Placement Guide**

The following guide has been prepared using standards from the *American Red Cross* Swimming & Water Safety Aquatic Programs. Some items have been added by our facility to address frequent questions by parents.

1. **Parents often overestimate their child’s ability. Those that are unsure of their child’s level should contact the Pool Director to discuss placement.**
2. **Levels are based on technique and stroke efficiency, not the distance a child can swim.**
3. **Children typically repeat the same level 2 to 3 times or more.**
4. **A child’s age/stamina does not necessarily mean they should be placed in a higher level.** 
   1. Ex: If an 11 year old cannot complete the Level 1 exit requirements they must take Level 1.
5. **If your child has not been enrolled in lessons within the last 6 to 9 months, or they have taken lessons elsewhere since their last class, please contact the Pool Director to discuss level placement. Their abilities and placement may have changed.**
6. **Practice outside of lessons should be encouraged, and will accelerate learning.**
7. **Instructors will provide a Completion Card to enroll your child in the next level. Be sure to speak to the instructor on the last day of class about your child’s progress.**
8. **Instructors may move children back to a previous level if they are unable to demonstrate the required skills throughout the course.**
9. **Children placed in the incorrect skill level will be removed from the class.**

|  |  |  |
| --- | --- | --- |
| Class Name | Prerequisites | Learning |
| **Parent & Child** | * 6 months to 3 years old * 1 adult participant per child * Liner over swim diaper required per health code. | * Swimming readiness skills * Safety information for parents * Techniques parents can use * **THIS COURSE IS NOT INFANT SURVIVAL SWIMMING.** |
| **Preschool 1** | * 4 to 5 years old. Must be 4 on or before the 1st scheduled class. NO EXCEPTIONS. * No skill prerequisites * Mature enough to listen and follow safety rules. | * Intro to basic swimming techniques, focused on kicking properly * Water safety * Positive attitude in the water |
| **Preschool 2** | * 4 to 5 years old. Must be 4 on or before the 1st scheduled class. NO EXCEPTIONS. * Pass Preschool 1skills, Completion Card. * Mature enough to listen and follow safety rules. | * Combined arm and leg action on front & back * Gliding/streamline, breathing technique * Keeping face in water while swimming. * Build on water safety knowledge |
| **Preschool 3** | * 4 to 5 years old. Must be 4 on or before the 1st scheduled class. NO EXCEPTIONS. * Pass Preschool 2 skills, Completion Card. * Mature enough to listen and follow safety rules. | * Front crawl/freestyle technique * Rotary breathing * Backstroke |
| **Level 1**  Intro to Water Skills | * 6 to 12 years old * No skill prerequisites | * Intro to basic aquatic skills, Positive attitude in water * Floating on back * Water safety |
| **Level 2** Fundamental Aquatic skills | * 6 to 12 years old * Pass Level 1 skills, Completion Card. | * Freestyle * Breath control * Rotary breathing * Buoyancy control (front and back) |
| **Level 3**  Stroke Development | * 6 to 12 years old * Pass Level 2 skills, Completion Card. | * Improve upon earlier skills * Intro to headfirst entry * Elementary Backstroke * Achieve “Basic Water Competency” |
| **Level 4**  Stroke Improvement | * 6 to 12 years old * Pass Level 3 skills, Completion Card. | * Improve proficiency with level 3 skills * Breaststroke, Butterfly, Sidestroke |

|  |  |
| --- | --- |
| ***Learn-to-Swim – General Exit Skills***  **Children must be able to perform skills consistently and efficiently to the Red Cross Standard on command.** | |
| **Ages 4 to 5** | |
| **Preschool Aquatics 1** | 1. **Independently enter the water, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water.** 2. **Glide 2 body lengths on front, roll to their back and float for 3 seconds, recover to a vertical position.** 3. **Children must be comfortable putting their face in the water for 3 to 5 seconds or more.** |
| **Preschool Aquatics 2**  **Must have Preschool 1 Completion Card.** | 1. **Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds then recover to vertical position.** 2. **Glide on back at least 2 body lengths, roll to front, recover to a vertical position** 3. **Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming for 3 body lengths.** |
| **Preschool Aquatics 3**  **Must have Preschool 2 Completion Card.** | 1. **Step from side into chest deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.** 2. **Move into a back float for 15 seconds, roll to front, then recover to a vertical position.** |
| **Ages 6 and up** | |
| **Level 1** | 1. **Independently enter the water, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water.** 2. **Glide 2 body lengths on their front, roll to their back and float for 3 seconds, recover to a vertical position.** 3. **Children must be comfortable putting their face in the water for 3 to 5 seconds or more.** |
| **Level 2**  **Must have Level 1 Completion Card.** | 1. **Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds then recover to vertical position.** 2. **Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.** 3. **Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for 3 body lengths.** 4. **Children should be swimming continuously without changing body position or pausing to breathe.** |
| **Level 3**  **Must have Level 2 Completion Card.** | 1. **Jump into water feet first from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate 1 full turn then as necessary to orient to the exit point, level off, swim front crawl &/or elementary backstroke for 25 yards, exit the water.** 2. **Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.** |
| **Level 4**  **Must have Level 3 Completion Card.** | 1. **Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.** 2. **Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.** 3. **Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.** |