

Swim Lessons Level Descriptions

The level benchmarks below are what a child must be able to perform to move on to the next level. If they can do all of the skills in a level, they should go into the next level where they cannot perform all of the skills.

Preschool Levels (3-5 years of age):

Preschool Aquatics Level 1:

- Introduction to basic skills.
- Skills include: entering the water, blowing bubbles, bobbing, floating, kicking on front/back and safety topics.
- Skills can be performed with instructor assistance.

Preschool Aquatics Level 2:

- Glide on front & back, roll over, float for 5 seconds then recover to a vertical position.
- Swim using combined arm & 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.
- Skills can be performed with instructor assistance.

Preschool Aquatics Level 3:

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to vertical position.
- Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths.
- Skills must be performed independent of instructor's assistance.

School Age Levels (6-14 years of age):

Learn to Swim Level 1:

- Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit. Participants can walk, move along the gutter or swim.
- Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. Can be performed with instructor assistance.

Learn to Swim Level 2:

- Step from the side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
- Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- Push off and swim using combined arm and leg action on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths.
- Skills must be performed independent of instructor's assistance.

Learn to Swim Level 3:

- Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards. Skills must be performed independent of instructor's assistance.

Learn to Swim Level 4:

- Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
- Skills must be performed independent of instructor's assistance.