

This information was put together to help parents place their child in the class that is best suited to their level of swimming. Included are tips on how to get started picking a level for your child, skills your child should possess before beginning a level, and skills your child will work on in the level you choose for them. Once swimming lessons start, our instructors will be happy to answer any additional questions you may have.

Registration Guidelines for Swim Lessons

Putting your child in the right level the 1st time can be a real challenge but is extremely important!!! Once the lessons start, it may not be possible to move students around due to class sizes. For safety reasons, it is best to err on the side of caution and put your child in the lower level class if you are unsure what level they should be in. We also find that unless the student practiced the last level of skills, they tend to regress between summers.

1. It is usually not a good idea to register a child in consecutively higher levels several sessions in a row because it is common for students to take the same level two or more times. Each child learns physical skills at different rates and we just do not know how quickly it will take them to learn and perform the skills correctly and consistently.
2. Level 3 is a deep water class held in the diving well and students are usually older than 8 years. Students must be able to swim 30 feet many times confidently on their front and backs before taking this class.
3. Level 4 Beginner, 4 Advanced, 5, and 6 are also deep water classes and students need to be strong swimmers on their front and backs. They swim across the lap pool (42 feet) many times (see the skills lists for more detail).
4. Another thing to keep in mind is that Tadpole and Guppy classes overlap with the upper levels because they last 30 minutes compared to the other classes lasting 45 minutes. This means that you can space multiple children out so as some are swimming, the others can be getting ready to leave.
5. If you have taken lessons with this program previously, remember that it is important to keep the card the teachers give out the final day which gives the level they think your child should enroll in next. However, we have also made an effort to keep track of student's levels on their Community Education profiles. See below for how to access this information. If you have not taken lessons with us before, use the information below to help guide you in making your decision.

BEFORE YOU BEGIN:

Check your child's completion card for the last session completed. Here it will tell you what the instructor recommends for next level. If you do not have your completion cards, please call the Community Education office to request the instructor recommendation.

PLEASE KEEP IN MIND THAT IF THEIR SKILLS WERE NOT PRACTICED OVER THE WINTER THEIR SKILL LEVEL COULD HAVE REGRESSED TO THAT OF A LOWER LEVEL THEN THEY WERE RECOMMENDED TO SIGN UP FOR IN A PREVIOUS LESSON.

If you feel your student is still at the skill level they were recommended to sign up for by their previous instructor, please proceed to register.

If you are unsure of what level to sign up for, either because you are new to this program or if you are not sure if your son/daughter's skill level is still where it was last or a previous summer, please do the following:

1. Read through the class requirements as well as any other material posted for you to view. If you are not sure what a stroke should look like, a good visual aid is looking on YouTube.com. Type in "How to swim butterfly" (or whatever stroke you are looking for) and there should be plenty of videos to choose from.

- Using the guidelines and your best judgment, sign your child up for a class. **PLEASE NOTE:** If the instructor feels as if your child is at an inappropriate level, they will make every effort to place them in a more appropriate level during the same session and time IF THERE IS ROOM! Otherwise, you will have to change your child to another session and/or time where we have room. A refund cannot be offered if moving to a different session and/or time is not possible. See the Community Education refund policy if you have any questions.

PLACEMENT CRITERIA

The following are brief outlines of what skills your child should possess in order to be enrolled in a certain level.

PLEASE NOTE: Each of the requirements are subject to the instructor's discretion as to whether or not they are proficient. The following are only a guideline for placing children in a level they would most likely fit in.

A child who enrolls in **Water Babies** should meet the following requirements:

- Is between 6 and 18 months old
- Has an adult able to attend lessons with them in the water

A child who enrolls in **Tiny Tots** should meet the following requirements:

- Is between 18 months and 3 years old
- Has an adult able to attend lessons with them in the water

A child who enrolls in **Tadpoles** should meet the following requirements:

- Student must be 3 years old to sign up as parent will not be in the water.
- Is usually between 3 and 5 years old.
- Either has not received lessons previously and/or is uncomfortable in the water. Being uncomfortable means they are hesitant to put their face in the water
- Is able to receive instruction and can adapt to a new environment without mom or dad within a few days of lessons beginning

A child who enrolls in **Guppies** should meet the following requirements:

- Is usually between 3 and 6 years old
- Relaxed and ready to learn in the water
- Very little stranger anxiety
- Puts whole head in easily, holding it in for at least 5 seconds

A child who enrolls in **Dolphins** should meet the following requirements:

- Is between the ages of 7 and 10
- Either has not received lessons previously and/or is uncomfortable in the water. Being uncomfortable means they are hesitant to put their face in the water
- Relaxed and ready to learn in the water
- Puts whole head in easily, holding it in for at least 5-10 seconds

A child who enrolls in **1st Beginners** should meet the following requirements:

- Is usually between 5 and 7 years old – taken lessons previously
- No anxiety when getting in the water and submerges their whole body including their head for more than 10 seconds.
- Able to kick and paddle on front for 10 feet by themselves
- Able to kick and fin on back for 10 feet by themselves
- Able to float on front and back on their own for at least 5 seconds

A child who enrolls in **2nd Beginners** should meet the following requirements:

- Is usually between 6 and 8 years old (could be older if they are severely afraid of deep water)
- Able to confidently perform the front crawl for 15 feet. This means their arms are coming out of the water and their legs are constantly kicking. Rotary breathing is not necessary but they should be able to take a breath or two as they go.
- Able to confidently perform the back crawl for 15 feet. This means their hand is coming out of the water by their side and going in with a straight arm behind their head.
- Able to float on front and back for at least 5 seconds

A child who enrolls in **Level 3** should meet the following requirements:

- Is usually older than 9 years old
- Able to perform all needed skills in water that is 10 feet deep. They should have the endurance to make from one end of the diving well to the other (30 feet) with only a minute or two break.
- Able to tread water for at least 30 seconds in deep water.
- Able to confidently perform the front crawl for 30 feet (the length of the diving well). This means that their arms are pulling past their swim suit then coming out of the water on the recovery, their legs are constantly kicking, and they are breathing to the side when they need a breath. Heads should not lift up when breathing.
- Able to confidently perform the back crawl for 30 feet (the length of the diving well). This means their hand comes out of the water by their side, their arms remains straight as they recover (comes out of the water), and goes back in by their ear. There should be little hesitation before the other arm begins recovery and their legs should be constantly kicking. The head should be back with their ears in the water.

A child who enrolls in **Level 4 Beginners** should meet the following requirements:

- Is usually older than 9 years old
- Able to confidently perform the front crawl for 15 yards with basic rotary breathing (breathing to the side, keeping the ear in the water). Arms should recover out of the water, legs should constantly kick with minimal knee bending, and together the stroke should be fairly smooth.
- Able to perform the elementary backstroke (or chicken, airplane, soldier) for 15 yards. The student is lying on their back with their ears in the water. Arms start at side, slide up the sides to the armpits, extend outward until arms are straight and level with the shoulders, pull down to the sides with straight arms, then glide for 4 seconds. The legs are doing the whip kick simultaneously – legs start straight, knees bend and feet drop toward bottom of the pool (ankles and knees stay together), feet go out to the sides (knees stay together), knees come apart as feet whip in a circle until they are back together, then glide for 4 seconds.
- Have an introduction to the sidestroke. Student is lying on side (whichever is more comfortable). The arm closest to the bottom of the pool is extended overhead and the ear is resting on it. The top arm is against the side. Legs are together. Student will bend knees, bringing their heels toward their buttocks. As they do this their top and bottom arm slide together and meet at their chest. The top leg then kicks forward as the bottom leg kicks back. As they do this the hands stay together but get ready to push back to their original positions. The legs then squeeze together (like scissors) and the arms push water so they end up with the bottom arm extended overhead and the top arm against the side. Glide for 4 seconds then repeat until the side is reached.

- Introduction to diving headfirst from a kneeling position

A child who enrolls in **Level 4 Advanced** should meet the following requirements:

- Is usually older than 10 years old
- Able to confidently swim the front and back crawl for 15 yards (over-water recovery, constant kicking, and rotary breathing for front crawl).
- Able to confidently perform all of the kicks: flutter kick, whip kick on front and back, scissors kick, and dolphin kick (They will be adding the arms in level 4 advanced)
- Flutter kick: starts at the hips, feet remain below surface (moderate splash okay), minimal bending of the knee
- Whip kick on front and back: Legs bend at the knees with heels going toward buttocks, feet go out to the side, knees come apart as feet whip around, glide for 4 seconds
- Scissors kick: lying on side with legs together, heels come up toward buttocks, top leg kicks out as bottom leg kicks back, legs squeeze together (like scissors), glide for 4 seconds.
- Dolphin kick: Legs stay close together, body moves forward as legs kick down and chest pushes down.
- Introduction to diving headfirst from a standing position

A child who enrolls in **Level 5** should meet the following requirements:

- Is usually older than 10 years old
- Able to confidently perform front crawl and elementary backstroke for 25 yards.
- Able to confidently perform back crawl, breaststroke, butterfly, and sidestroke for 15 yards

A child who enrolls in **Level 6** should meet the following requirements:

- Is usually older than 11 years old
- Able to confidently perform front crawl and elementary backstroke for 50 yards
- Able to confidently perform back crawl, breaststroke, butterfly, and sidestroke for 25 yards
- Able to start swim from a shallow dive
- Introduced to flip turns for front and back crawl and open turns for breaststroke, butterfly, and sidestroke
- Introduced to the standard scull

A child who enrolls in **Fitness Swimming** should meet the following requirements:

- Is usually older than 11 years old
- Has passed Level 6 or possesses the skills to do so, but is not old enough for Junior Lifesaving nor Assist Swimming Instructor classes
- Able to confidently perform front crawl and elementary backstroke for 100 yards
- Able to confidently perform breaststroke, butterfly, back crawl, and sidestroke for 50 yards
- Able to tread water for 8 minutes
- Able to start swimming from a shallow dive
- Introduced to flip turns for front crawl and backstroke

A child who enrolls in **Junior Lifesaving** should meet the following requirements:

- **Needs** to be at least 13-15 years old
- Possesses level 6 swimming skills. This means they are able to:
 - Swim front crawl and elementary backstroke 100 yards
 - Swim breaststroke, butterfly, back crawl, and sidestroke 50 yards
 - Perform front crawl and back crawl flip turns as well as open turns for breaststroke, butterfly, and sidestroke
 - Introduced to Reaching and Throwing Assists and the HELP and Huddle positions

A child who enrolls in the **Assistant Safety Instructor (ASI)** class should meet the following requirements:

- **Needs** to be at least 15 years old
- Has taken Junior Lifesaving
- Interested in actively participating in class in order to teach water safety to children between 3 and 9 years old and eventually becoming a Water Safety Instructor

SKILL COMPLETION REQUIREMENTS FOR EACH LEVEL

Listed below are the skill requirements for each level. These skills need to be done successfully, consistently, and proficiently, as determined by the child's instructor, in order to proceed to the next level.

TADPOLE / GUPPY SKILLS

1. Blows Bubbles
2. Kicking on Edge or with Kickboard
3. Puts Face/Head in Water
4. Hold Breath Face/Head in 5 sec.
5. Bobbing and Breathing 5 times
6. Front Float: assisted / unassisted
7. Back Float: assisted / unassisted
8. Front Float w/ Kick- assisted / unassisted
9. Back Float w/ Kick- assisted / unassisted
10. Paddles and Kicks - assisted
11. Bobs or kicks up to safety
12. Jumps in: assisted / unassisted
13. Pushes from Side to Instructor
14. Swims to Side from a Push
15. Kick and Paddle on Front - 10 feet (Guppy skill)
16. Kick and Fin on Back - 10 feet (Guppy skill)
17. Jumps In and Swims Back to Side (Guppy skill)
18. Safety Rules

DOLPHINS SKILLS

1. Blows Bubbles
2. Kicking on Edge or with Kickboard
3. Puts Face/Head in Water
4. Hold Breath Face/Head in 10 sec.
5. Bobbing and Breathing 10 times
6. Front Float: assisted / unassisted
7. Back Float: assisted / unassisted
8. Front Float w/ Kick- assisted / unassisted
9. Back Float w/ Kick- assisted / unassisted
10. Paddles and Kicks - assisted
11. Bobs or kicks up to safety
12. Jumps in: assisted / unassisted
13. Pushes from Side to Instructor
14. Swims to Side from a Push
15. Kick and Paddle on Front - 10 feet
16. Kick and Fin on Back - 10 feet
17. Jumps In and Swims Back to Side
18. Safety Rules

1ST BEGINNER SKILLS

1. Breath Holding - 10 seconds
2. Bobbing and Breathing 10-15 times
3. Rotary breathing to Side - 5 times
4. Jellyfish and Tuck Float
5. Front Float - 5 seconds + Glide 5-10 feet
6. Back Float - 5 seconds + Glide 5-10 feet
7. Roll over Back to Front and Front to Back
8. Kick on Front - Face in with Support
9. Front Float with Kick - 10 feet
10. Back Float with Kick - 10 feet
11. Submerge and Retrieve Object
12. Jump into Chest Deep Water
13. Kick and Paddle on Front - 15 feet
14. Kick and Fin on Back - 15 feet
15. Front Crawl Arms and Kick - 15 feet
16. Back Crawl Arms and Kick - 15 feet
17. Deep Water Jump/Level/Swim 15 feet
18. Safety Rules
19. Deep Water Jump with Lifejacket

2ND BEGINNER SKILLS

1. Bob to Safety - Deep Water
2. Kick and Rotary Breathe to Side - 10 times
3. Front Glide with Kick - 15 feet
4. Back Glide with Kick - 15 feet
5. Introduction to Survival Float
6. Kick and Arms on Front - 25 feet
7. Kick and Elementary Backstroke Arms - 25 feet
8. Turning over Back to Front and Front to Back
9. Reverse Direction Swimming on Front and Back
10. Tread Water - 25 seconds
11. Front Crawl - Arms, Kick, Rotary Breathe - 30 feet
12. Back Crawl - Arms, Kick - 30 feet
13. Deep Water Jump and Swim - 30 feet
14. Safety Rules
15. Reaching and Extension Assists

LEVEL 3 SKILLS

1. Head First Sitting and Kneeling
2. Rotary Breathing - 10 times
3. Survival Float - 30 seconds
4. Back Float - 30 seconds
5. Change Vertical to Horizontal - Front and Back
6. Tread Water - 30 seconds
7. Front Glide with Flutter kick - 5 body lengths
8. Front Glide with Dolphin kick - 5 body lengths
9. Front Crawl with Rotary Breathing - 15 yards
10. Elementary Backstroke - 15 yards
11. Scissors Kick - 10 yards
12. Reach assist with and without equipment
13. Help and Huddle Positions
14. Water Safety Topics

15. Exit Skill - Jump in, front crawl 15 yds, tread/float 30 sec, elementary back 15 yds.

LEVEL 4 BEGINNER SKILLS

1. Dive from Compact Position
2. Swim Underwater - 3 body lengths
3. Survival Swimming - 30 seconds
4. Front Crawl Open Turn
5. Backstroke Open Turn
6. Tread Water w/ Modified Scissors Kick - 2 min.
7. Front Crawl - 15 yards
8. Breaststroke Kick - 10 yards
9. Back Glide w/ Flutter kick - 5 body lengths
10. Dolphin kick on Back - 5 body lengths
11. Elementary Backstroke - 20 yards
12. Back Crawl - 10 yards
13. Sidestroke Scissors kick - 15 yards
14. Reaching and Throwing Assists
15. Water Safety Topics

LEVEL 4 ADVANCED SKILLS

1. Dive from a Stride Position
2. Feet First Surface Dive
3. Survival Swimming - 1 minute
4. Tread water - Mod. Brst/Rot Kick - 2 minutes
5. Front Crawl - 25 yards
6. Breaststroke - 15 yards
7. Butterfly - 15 yards
8. Elementary Backstroke - 25 yards
9. Back Crawl - 15 yards
10. Sidestroke - 15 yards
11. Water Safety Topics
12. Exit Skill 1 - Feet first entry, front crawl 25 yds, elementary backstroke 25 yds
13. Exit Skill 2 - Breaststroke 15 yds, Back Crawl 15 yds.

LEVEL 5 SKILLS

1. Shallow Dive - Glide - Swim
2. Swim Underwater - 15 yards
3. Tuck and Pike Surface Dive
4. Standard Scull - 30 sec.
5. Front Crawl Flip Turn
6. Backstroke Flip Turn
7. Tread Water - 5 minutes
8. Front Crawl - 50 yards
9. Breaststroke - 25 yards
10. Butterfly - 25 yards
11. Elementary Backstroke - 50 yards
12. Back Crawl - 25 yards
13. Sidestroke - 25 yards
14. Reaching and Throwing Assists
15. Help and Huddle Positions
16. Water Safety Topics
17. Exit Skill 1 - Shallow Dive, front crawl 50 yds, elem back 50 yds
18. Exit Skill 2 - Breaststroke 25 yds, Back Crawl 25 yds.

LEVEL 6 SKILLS

1. Front Crawl - 100 yards
2. Breaststroke - 50 yards.
3. Butterfly - 50 yards.
4. Elem. Backstroke - 100 yards.
5. Back Crawl - 50 yards.
6. Sidestroke - 50 yards.
7. Open Turns - Front, Back, Side
8. Flip Turns - Front and Back
9. Breaststroke and Butterfly Turns
10. Help and Huddle Positions - 2 min.
11. Surface Dive Object Retrieval - Tuck/Pike/Ft. 1st
12. Tread Water - 5 min. No arms - 2 min.
13. Survival and Back Floats - 5 min. each
14. Survival Swimming - 10 min.
15. Self Rescue with Clothes
16. Safety Rules - Open Water/Boating
17. Exit Skill 1 - 500 yards cont. w/ at least 50 yards of each stroke
18. Exit Skill 2 - Jump, survival float 5 min, back float 5 min
19. Exit Skill 3 - Feet first dive, retrieve object, return to start

Fitness Swimming

1. Front Crawl - 100 yds
2. Breaststroke - 100 yds.
3. Butterfly - 100 yds.
4. Elem. Backstroke - 100 yds.
5. Back Crawl - 100 yds.
6. Sidestroke - 100 yds.
7. Open Turns - Front, Back, Side
8. Flip Turns - Front and Back
9. Breaststroke and Butterfly Turns
10. Tread Water - 10 min. Kick only - 2 min.
11. Understand Use of Pull Buoy, Fins, Paddles, Pace Clock
12. Demonstrate Fitness Swimming Etiquette
13. Calculate Target Heart Rate
14. Demonstrate Various Aquatic Exercise Techniques (Aquajogging, water aerobics, etc)
15. Exit Skill 1 - 500 yards continuously with 100 yards each of breaststroke, elementary backstroke, front & back crawl; 50 yards each of butterfly and sidestroke
16. Exit Skill 2 - Jump, survival float 5 min, back float 5 min

PLS JR. LIFESAVING SKILLS

1. Tread Water - 5 min. No arms - 2 min.
2. Surface Dives - Feet 1st, Tuck, Pike
3. Reaching/Extension/Throwing Assists
4. Slide in Entry - Wading Assist w/ equipment
5. Compact/Stride Jump w/ Rescue Tube Trailing
6. Front Crawl/Breast App Stroke w/ Tube
7. Swimming Extension Assist w/ Tube
8. Active Victim Rear Rescue
9. Passive Victim Rear Rescue
10. Submerged Victim Rescue
11. Two Person Removal from Water w/ Backboard

12. Head/Chin Support - Face up and down
13. Shallow Water Backboarding/Removal
14. Survival Swimming/Float with Clothes
15. Prim Sur/Res Brth/CPR/1st Aid Demos
16. Exit Skill 1 - 500 yards continuously: front crawl, back crawl, choice - 100 yards, backstroke, elementary backstroke, sidestroke, butterfly - 50 yards.
17. Exit Skill 2 - Swim 20 yards, retrieve object return to start with object.
18. Exit Skill 3 - Rescue unconscious victim, remove w/BB, primary survey