

## Swim Lesson Placement Guide

*\*Please note: Preschool levels may seem similar to Level 1, the difference is based solely on age. Age requirements for each level are listed below.*

Level	Parent & Child	Preschool I	Preschool II	Level 1	Level 2	Level 3	Level 4	Level 5	Adult
Age	6 mos. – 3 yrs.	3-5 yrs.	3-5 yrs.	5 yrs. & up	5 yrs. & up	5 yrs. & up	5 yrs. & up	5 yrs. & up	16 yrs. & up
This class is for	<p><b>A parent must accompany child in the water</b></p> <p>No required skills</p> <p>Children who are new to the water</p> <p>Parents who wish to learn about water safety and help their children feel comfortable in the water</p>	<p>No required skills</p> <p>Children who are new to the water</p> <p>Most skills can be performed with assistance</p>	<p>Children who are comfortable in the water</p> <p>Children who are able to complete most skills independently</p>	<p>No required skills</p> <p>Children who are new to the water</p> <p>Children who cannot float or glide unassisted</p>	<p>Children who will comfortably submerge underwater</p> <p>Children who can float on their back or stomach unassisted</p>	<p>Children can glide with their face in the water</p> <p>Can swim front crawl for 5 body lengths</p> <p>Can float on back and tread water for 15 seconds</p>	<p>Children who can tread water for 1 minute</p> <p>Can swim front crawl or elementary backstroke 25 yds.</p> <p>Can back float for 1 minute</p>	<p>Children who can tread water for 2 minutes</p> <p>Swim front crawl and elementary backstroke for 25 yds.</p> <p>Swim breaststroke and back crawl 15 yds.</p>	<p>No required skills</p> <p>Adult swimmers and non-swimmers of any level</p> <p>Adults who want to gain confidence in the water</p>
What will be taught?	<p>How to feel comfortable in the water and safely enjoy it</p> <p>Water exploration</p>	<p>How to feel comfortable in the water and safely enjoy it</p> <p>Submerging face, blowing bubbles, floating and gliding with support</p>	<p>How to feel comfortable in the water while enhancing skills from Preschool Level I</p> <p>Combined arm and leg actions on front and back along with treading can be completed with support</p>	<p>How to fully submerge, float and glide with assistance, and combined arm and leg actions on front and back</p>	<p>How to swim several body lengths without support, treading, and rotary breathing are introduced</p>	<p>Elementary backstroke, rotary breathing, treading, front crawl, breaststroke kick, scissors kick, and dolphin kick</p>	<p>Participants will gain confidence in the water and improve their strokes, including breaststroke, front crawl, sidestroke butterfly, and back crawl</p>	<p>Participants will improve their strokes, build endurance, and learn flip turns, and surface dives</p>	<p>Instructor will work individually with participants and allow them to progress at their own pace to help them reach their personal goals</p>