

Learn to Swim Levels

Course requirements

Toddler I - Basic Water Exercise & Fun (ages 1-3)

Parent must accompany child in the water

Toddler II - Basic Water Exercise & Fun (ages 3-5)

Parent must accompany child in the water

Pre-School - Water Exploration (ages 4-5)

Child is in the water without parent. Must have completed at least one previous swimming class; Must be able to put face in the water and hold breath 10 seconds.

Open Swim for Disabled Youth

Free 60-minute open swim time for disabled youth to become familiar with and enjoy the water. Parent must accompany child in water.

Level 1 - Introduction to Water Skills (ages 6-15)

Enter water unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

Level 2 - Fundamental Aquatic Skills (ages 6-15)

Step from side to 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 standing. Push off and swim using a combination of arm and leg actions for 15 feet on both front and back.

Level 3 - Stroke Development (ages 6-15)

Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl 15 yards.

Level 4 - Stroke Improvement (ages 6-15)

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.

Level 5 - Stroke Refinement (ages 6-15)

Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards. Swim breaststroke for 25 yards, tread water for 3 minutes and swim back crawl for 50 yards.

Level 6 - Personal Water Safety/Fitness (ages 6-15)

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; choice of stroke 50 yards. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes. Surface dive, retrieve object from depth of 7 feet and return.