

# Group Swimming Lessons Placement Aid

## Follow the below steps to determine your swimmer's lesson level.

### Step 1: How old is your swimmer?

- Under 6 months old – Your swimmer is not old enough for lessons yet.
- 6 months to approximately 3 years old – Enroll in Parent and Child Lessons.
- 3 years old to approximately 6 years old – Go to Step #2, Preschool Levels 1-3.
- Approximately 5 years old to approximately 15 years old – Go to Step #3, Lesson Levels 1-6.
- 16 years old and older – Enroll in Adult Lessons.

### Step 2. Preschool Levels 1-3

(Approximately 4 to 6 years old).

#### Can your swimmer do these:

- Enter the water independently, using steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water (children can walk, move along the gutter or “swim/dog paddle”).
- While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

→No? Enroll in Preschool Level 1

↓Yes? Then, can your swimmer do these:

- Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.
- Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.
- Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

→No? Enroll in Preschool Level 2

→Yes? Enroll in Preschool Level 3

### Step 3. Lesson Levels 1-6

(Approximately 5 to 15 years old).

#### Can your swimmer do these:

- Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water (participants can walk, move along the gutter or “swim/dog paddle”).
- Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position.

→No? Enroll in Level 1

↓Yes? Then, can your swimmer do these:

- Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- Move into a back float for 15 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 the front, then continue swimming for at least 5 body lengths.

→No? Enroll in Level 2

↓Yes? Go to Step 3 continued.

### Step 3 continued:

↓Then, can your swimmer do these:

- Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
- 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.

→No? Enroll in Level 3

↓Yes? Then, can your swimmer do these:

- 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.
- Submerge and swim 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

→No? Enroll in Level 4

→Yes? Enroll in Level 5/6

## Level Descriptions

### Adult

Age: 16 years old and older

Objective: Help participants gain basic aquatic skills and swimming strokes, teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency, and improve proficiency in the six basic swimming strokes.

Entry Requirements: None

Skills Covered: Vary based upon student needs.

### Parent and Child

Age: 6 months through approximately 3 years old. Parent must accompany child in the water at each class, one parent per child.

Objective: Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills; Provide safety information for parents and teach techniques parents can use to orient their children to the water.

Entry Requirements: None

Skills Covered: Holding and support techniques demonstrated by the parent; water exploration with support; Water safety topics.

### Preschool 1

Age: Approximately 4 to 6 years old

Objective: To help students become comfortable in the water and learn very basic water safety.

Entry Requirements: None

Skills Covered: Enter the water using the pool steps; Blow bubbles; Put their mouth, nose and eyes underwater; Front glide; Back glide; Roll over from front to back and back to front; Use arm and hand treading action; Alternate leg action on front and back; Alternate arm action on front and back; Use combined arm action on front and back.

### Preschool 2

Age: Approximately 4 to 6 years old

Objective: To help students builds on the skills learned in Preschool 1.

Entry Requirements:

1. Enter independently, using steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water (children can walk, move along the gutter or "swim/dog paddle").
2. While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

Skills Covered: Enter the water using pool steps; Bob; Open their eyes under water and retrieve an object that's under water; Front float; Front glide; Back float; Back glide; Roll over from front to back and back to front; Tread water for 15 seconds; Use combined arm and leg action on front and back.

### Preschool 3

Age: Approximately 4 to 6 years old

Objective: To help students builds on the skills learned in Preschool 1 and 2, and to start developing coordinated arm and leg movements.

Entry Requirements:

1. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a 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 at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

Skills Covered: Entering water by jumping in; Bob; Go completely under water and hold their breath; Front float; Front glide; Back float; Back glide; Roll over from front to back and back to front; Tread water for 30 seconds; Use combined arm and leg action on front and back five body lengths.

### **Level 1 - Introduction to Water Skills**

Age: Approximately 5 to 15 years old

Objective: To help students feel comfortable in the water and to enjoy the water safely

Entry Requirements: None

Skills Covered: Entering and exiting the water safely, learning to submerge mouth, nose and eyes and breath control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back.

### **Level 2 - Fundamental Aquatic Skills**

Age: Approximately 5 to 15 years old

Objective: To give students success with fundamental skills

Entry Requirements:

1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water (participants can walk, move along the gutter or “swim/dog paddle”).
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position.

Skills Covered: Entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side, life jacket use.

### **Level 3 - Stroke Development**

Age: Approximately 5 to 15 years old

Objective: To build on skills in Level 2 through additional guided practice

Entry Requirements:

1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 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.
3. 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 the front, then continue swimming for at least 5 body lengths.

Skills Covered: Jump into deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl 15 yards, butterfly 15 feet, back crawl 15 yards, elementary rescues, safe diving, check-call-care.

### **Level 4 - Stroke Improvement**

Age: Approximately 5 to 15 years old

Objective: To develop confidence in the strokes learned thus far and to improve other aquatic skills by increasing endurance through swimming greater distances.

Entry Requirements:

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then 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.

Skills Covered: diving, underwater swimming, feet-first surface dive, 1 minute of survival floating, treading and back floating, 25 yards of front crawl, breaststroke and back crawl, 15 yards of butterfly and elementary backstroke and sidestroke, compact jump from height in a lifejacket, throwing assists and caring for conscious choking victim.

### **Level 5/6 - Stroke Refinement and Swimming Proficiency**

Age: Approximately 5 to 15 years old

Objective: Coordination and refinement of strokes

Entry Requirements:

1. 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.
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

Skills Covered: Shallow dive, tuck and pike surface dives, 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breaststroke, elementary backstroke and sidestroke, 2 minutes of survival swimming, rescue breathing. 500 yards continuous swim using 100 yards each of front & back crawl, 50 yards each of breaststroke, elementary backstroke, sidestroke & butterfly and 100 yards choice of any of those strokes, survival floating and back floating 5 minutes each, feet first surface dive & retrieve an object from 7 feet.