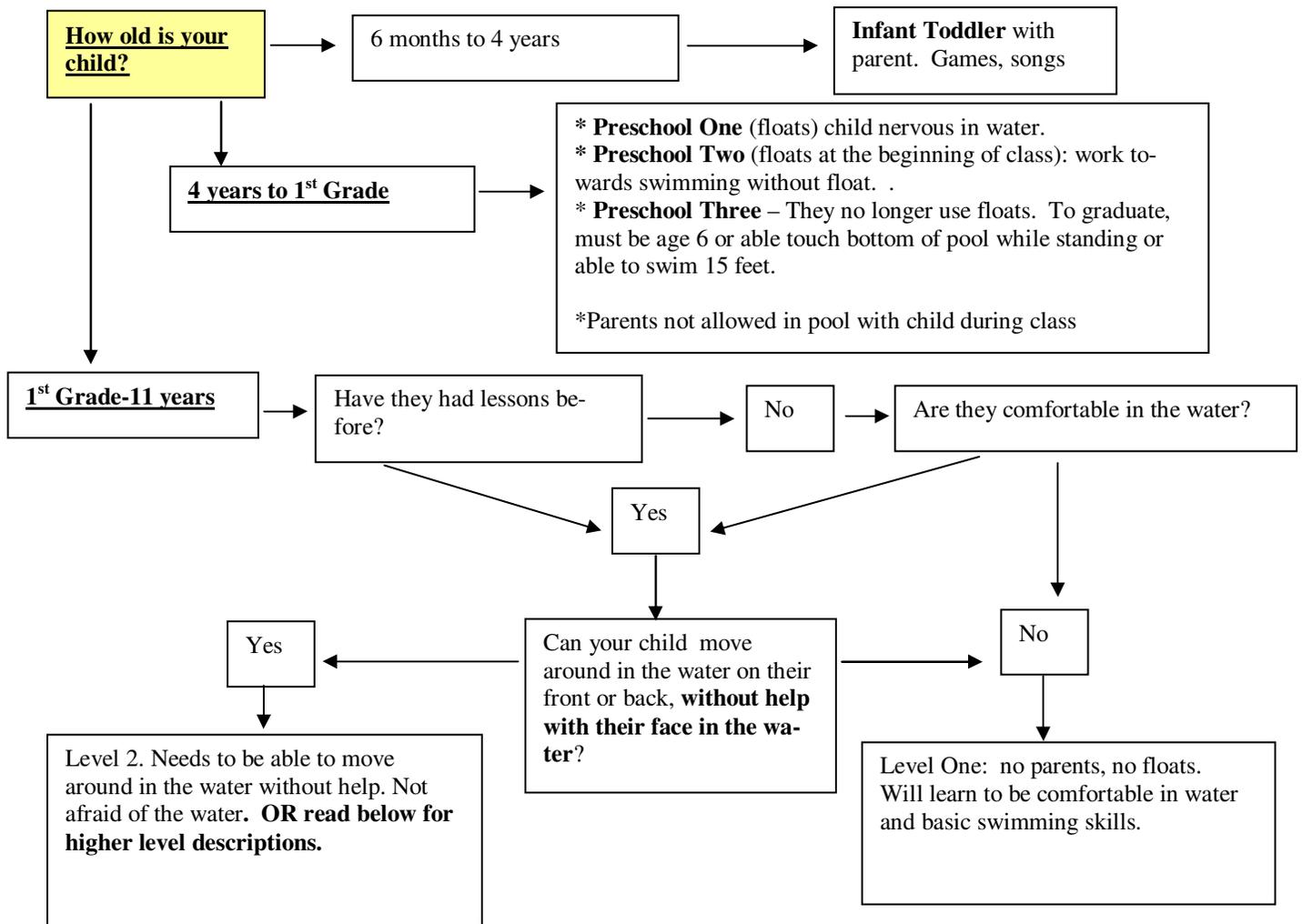


Where swimming lesson level should my child be in?

If a parent is looking for guidance on where to place their child because they don't remember what level they last took, or they have never taken lessons:

(Children must be at least 6 months old to enroll in classes – children younger have not yet fully developed their inner ear and should not be submerged)



What level should the child be enrolled in?

Level 3: At the start of class, must be able to float on front for 5 seconds and back for 15 seconds; tread water for 15 seconds; must also be able to swim using front crawl and swim on back using any stroke for 15 feet (half the width). Most children stay in this level several sessions.

Level 4: At the start of class, must be able to tread water 30 seconds in deep water, float on back 30 seconds, swim half the length of pool front crawl **with rotary breathing** and elementary back stroke. Most children stay in this level several sessions.

Level 5: At start of class, child is a good swimmer. They can swim one length of pool using front crawl **using good rotary breathing**, and elementary backstroke. They can also do ½ length of pool breaststroke, back crawl, butterfly and sidestroke. They can also tread water two minutes.

Level 6: Gone through all levels, working towards a specific goal such as life guarding, fitness swimming, etc