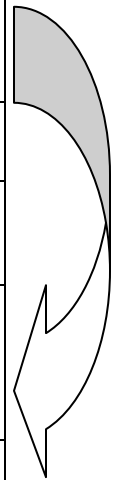


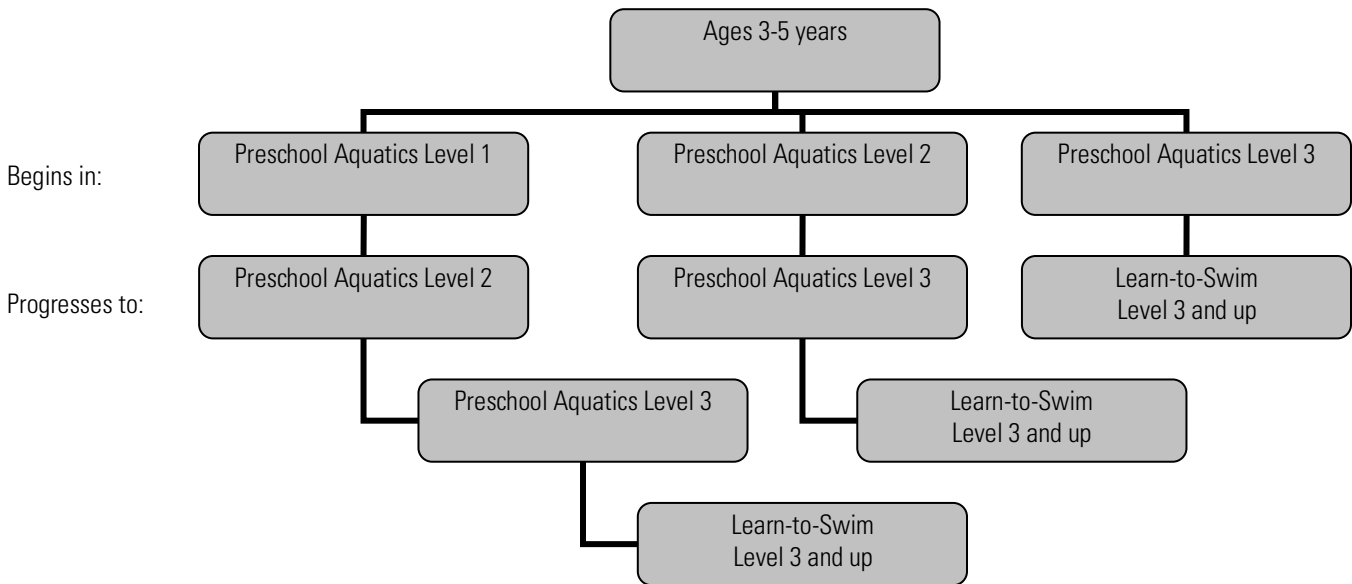
Learn-to-Swim Course Selection Guide

PLEASE NOTE: Your child's success in swimming lessons will be influenced by their physical comfort while in the water and on the pool deck. Pool water temperatures are meant to be conducive to quality instruction. We have made every effort to assure a welcoming and supportive environment. Because each child is physically different, it is important that you first bring your child to the instructional setting and assure their comfort with the pool water temperature before enrolling in our classes.

To sign up for this level	The participant must meet the following pre-qualifications
Parent Child Level A	Ages 6-18 months
Parent Child Level B	Ages 18-36 months
Preschool Aquatics Level 1	Ages 3-5 years ✓ Afraid of water ✓ Little to no swimming experience ✓ Ability to be in water without parent
Preschool Aquatics Level 2	Ages 3-5 years ✓ All skills can be done with support ✓ Enter the water independently ✓ Move 5 yards, submerge to mouth and blow bubbles for 3 seconds, and safely exit the water ✓ Glide on front 2 body lengths, roll to back, float on back for 3 seconds, and recover to vertical position
Preschool Aquatics Level 3	Ages 3-5 years ✓ All skills can be executed with assistance ✓ Glide on front 2 body lengths, roll to back, float on back for 5 seconds, and recover to vertical position ✓ Glide on back 2 body lengths, roll to front, float on front for 5 seconds, and recover to vertical position ✓ Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front, and swim on front for 3 body lengths ✓ Upon completion, child moves to Learn-to-Swim Level 3
Learn-to-Swim Level 1	Age 6 and above ✓ Afraid of water ✓ Little to no swimming experience
Learn-to-Swim Level 2	Age 6 and above and able to perform the following skills: ✓ Enter the water unassisted ✓ Move 5 yards, bob 5 times to chin level, and safely exit the water ✓ Glide on front with support for 3 seconds and recover to vertical position
Learn-to-Swim Level 3	Age 6 and above and able to perform the following skills: ✓ Step from the pool side into chest-deep water ✓ Move into a front float for 5 seconds, roll over to back, float for 5 seconds, and return to vertical position ✓ Move into back float for 5 seconds, roll to front, and recover to vertical position ✓ Push off and swim using a combination of arm and leg actions for 5 body lengths on the front, roll to back, float for 15 seconds, roll to front, and swim for 5 body lengths
Learn-to-Swim Level 4	Age 6 and above and able to perform all of the following skills: ✓ Jump into deep water from the pool side ✓ Swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds, and swim elementary backstroke for 15 yards
Learn-to-Swim Level 5	Age 6 and above and able to perform all of the following skills: ✓ Perform a feet-first entry into chest-deep water ✓ Swim front crawl for 25 yards, change direction, and swim elementary backstroke for 25 yards ✓ Swim breaststroke for 15 yards, change direction, and swim back crawl for 15 yards
Learn-to-Swim Level 6	Age 6 and above and able to perform all of the following skills: ✓ Perform a shallow-angle dive into deep water ✓ Swim front crawl for 50 yards, change direction, and swim elementary backstroke for 50 yards ✓ Swim breaststroke for 25 yards, change direction, and swim back crawl for 25 yards
Guard Start	Ages 11-14 and able to perform all of the following skills: ✓ 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; and choice of stroke-100 yards ✓ Swim 20 yards using front crawl or breaststroke to a depth of 7-10 feet, retrieve a 10 pound object, return to the surface, and swim 20 yards back on the back or side to the starting point with the object (student must hold object with both hands and keep his/ her face out of water)
Adult Beginner	✓ Afraid of the water ✓ Little to no swimming experience
Adult Intermediate	✓ Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, move back to a back float for 5 seconds, and return to a standing position. ✓ Push off and swim using a combination of arm and leg actions for 15 feet on the front ✓ Push off and swim using a combination of arm and leg actions for 15 feet on back
Adult Advanced	✓ 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 a minute, and swim back crawl for 25 yards.



Child will be placed into one of the baseline levels, based on current skills. Upon completion of the first level, child will progress to level underneath.



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