

What Is My Childs Swimming Level?



My child is 3 years old.

NO

My child is 15 months.

NO

Parent Tot Level 1

YES

YES

Parent Tot Level 2

My child is comfortable with water and can; glide on their stomach for at least 2 body lengths and float on their back for 3 seconds then stand up. With assistance while in shallow water.

NO

Preschool Level 1

YES

My child is 5 years old.

NO

Preschool Level 2

YES

My child is able to glide on their stomach at least 2 body lengths, roll to a back float for 5 seconds then stand up.

NO

Learn to Swim Level 1

YES

My child is comfortable in the lap pool and can 1. Tread or float for 15 seconds, then front or back crawl for 5 body lengths, and then exit water. 2.Back float for 15 seconds, then roll to their stomach, and then stand up. 3.Start swimming using freestyle for 5 body lengths, then roll to their back and float for 15 seconds, then roll to their stomach and continue swimming for at least more 5 body lengths.

NO

Learn to Swim Level 2

YES

My child can 1.Jump into deep water, recover to the surface and start treading or floating for 1 minute, then swim front crawl or elementary backstroke for 25 yards then exit the water. 2.Push off the wall and front glide, then swim front crawl 15 yards, roll to their back, then swim elementary backstroke 15 yards, and exit water.

NO

Learn to Swim Level 3

YES

Learn to Swim Level 4

