

SWIM LESSON LEVEL QUESTIONNAIRE

This questionnaire is meant to help parents find out what level is best for your child. Read each question and answer them to the best of your ability, using “yes” or “no” answers. For the first “no”, that will be the correct level to place your child in. After the first day, level placement will be up to the instructors, depending on the child’s performance in class.

PRESCHOOL AQUATICS

Typically for children ages 4-5 however participation should not be determined by age alone. Consider your child’s developmental readiness, maturity and previous experience in the water. These courses facilitate developmentally appropriate learning of fundamental water safety and aquatics skills.

LEVEL 1: Designed to orient young preschoolers to the aquatic environment and to help them gain basic aquatic skills. Participants start learning about how to be safe around water. All skills can be performed with support in shallow water.

- Is your child comfortable in the water?
- Can your child submerge their mouth, nose and eyes?
- Can your child blow bubbles through their mouth and nose?

LEVEL 2: Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills. All skills can be performed with assistance in chest-deep water.

- Can your child comfortably put their whole body (head included) under the water?
- Can your child attempt to float on their tummy/back?
- Can your child attempt to push off from the wall from their tummy/back?

LEVEL 3: Participants are able to perform basic aquatic skills with greater proficiency, for longer distances and times. In addition, previously acquired safety knowledge and skills are reinforced and expanded upon. All skills should be performed independently (defined as no adult contact, intervention or use of flotation devices) in shoulder-deep water.

- Can your child open their eyes underwater and retrieve submerged objects?
- Can your child tread or float independently for 15 seconds?
- Can your child use combined arm and leg actions on their front for 5 body lengths?

LEARN-TO-SWIM

Recommended minimum age for entry to this program is 6 years old. Courses are to teach children and young teens to be safe in, on and around the water and to swim well. Aquatic and personal water safety skills are taught in a logical progression through five levels.

LEVEL 1: Designed to orient participants to the aquatic environment and help them gain basic aquatic skills. Additionally, participants learn about how to be safe around water. All skills can be performed with assistance in chest-deep water.

- Can your child comfortably put their whole body (head included) under the water?
- Can your child attempt to float on their tummy/back?
- Can your child attempt to push off from the wall from their tummy/back?

LEVEL 2: Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills. All skills should be performed independently (defined as no adult contact, intervention or use of flotation devices).

- Can your child tread or float independently for 15 seconds?
- Can your child demonstrate finning arm action on back for 5 body lengths?
- Can your child use combined arm and leg actions on their front for 5 body lengths?

Level 3: Participants learn to swim the front crawl and elementary backstroke at rudimentary proficiency levels, and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper).

- Can your child jump into deep water, recover to the surface, maintain position by treading or floating for 1 minute, level off, swim front crawl and/or elementary backstroke for 25 yards, and then exit the water? (Similar to Navy Youth Swim Test)
- Can your child demonstrate rotary breathing at least 15 times?
- Can your child safely perform a headfirst entry? (kneeling and standing position)