

SWIM LESSON LEVEL QUESTIONNAIRE

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

Usually ages 4-5; if you’d like to register a 3-year-old, please consider their developmental readiness, maturity and previous experience in the water.

LEVEL 1	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• 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?

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LEARN-TO-SWIM

Minimum age for entry is 6 years old.

LEVEL 1	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Can your child tread or float independently for 15 seconds?• Can your child demonstrate a finning arm action on their back for 5 body lengths?• Can your child use combined arm and leg actions on their front for 5 body lengths?
LEVEL 3	<ul style="list-style-type: none">• 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 the Navy Youth Swim Test)• Can your child demonstrate rotary breathing at least 15 times?• Can your child safely perform a headfirst entry from a kneeling and standing position?