

SWIM LEVELS GUIDE



What level should I put my child in? Your child should register for this level if.....

Preschool Level 1 & 2, Ages 3-5 - Leisure Pool

- Very afraid of the water
- Can't swim at all OR can't swim without support
- Will not get face wet or will slightly get face wet
- May or may not want to jump in without help
- Children at this level may have no fear of the water, even if they have no fear they still need to be able to float and perform a few other basic skills before moving onto Level 3
- This level is a combination of 1&2

Preschool Level 3, Ages 3-5 - Leisure/Lap Pool

- Your child is not afraid of the water and can fully put their face in
- Can float on front or back without support
- Can jump in and resurface on their own
- Can swim 3 body lengths without support

Youth Level 1 & 2, Ages 6-12 - Leisure/Lap Pool

- May or may not have a fear of the water
- Cannot swim or cannot swim without support
- Does not like putting face in water – but may also have no fear of submerging

Youth Level 3 & 4, Ages 6-12 - Lap Pool

- Your child has no fear of the water
- Can float on front and back without support
- Can jump in and resurface without assistance
- Can swim half the distance in the lap pool free style
- Can swim full length of pool on back

Swim Team, Ages 6-13 - Is your child ready for swim team? Can they.....

- Swim the entire length of the lap pool using:
 - Freestyle, backstroke and elementary backstroke efficiently without assistance
 - Have a basic understanding and can moderately perform breaststroke and butterfly

If you have questions please feel free to contact the Aquatics Department at 970-547-4334.