

# WHAT'S MY CHILD'S SWIM LEVEL?

If you are not sure which swim level is appropriate for your child, and you are unable to attend the Swim Pre-Test, please use this chart to help determine the best level to register for.

## AGES 1-4

Is this the first swim lesson for the infant/toddler under 4 and they need to work on their confidence in the water?

NO  
↓

YES →



## AGES 4-6

Is the child able to enter/exit the water, bob, glide, and float on back with assistance?

YES  
↓

NO →



Is the child able to independently float for 15 seconds and recover, roll from front to back, and swim using combined arm and leg action?

YES  
↓

NO →



Is the child able to step into the pool, submerge, resurface and tread or float for 15 seconds, and swim three body lengths using combined arm and leg action?

YES  
↓

NO →



## AGES 5-13

Is the child able to bob 5 times, retrieve a submerged object, glide, roll from front to back, float with the help of an instructor and enter/exit water (unassisted)?

YES  
↓

NO →



Is the child able to bob independently tread or float for 15 seconds and recover along with using combined arm and leg actions on both front and back?

YES  
↓

NO →



Is the child able to jump into deep water, tread or float for 1 minute, streamline, swim front crawl or elementary backstroke for 25 yards, and change direction while swimming?

YES  
↓

NO →



Is the child able to complete a dive from stride position, swim breaststroke for 15 yards, swim back crawl for 15 yards, and swim underwater for 3-5 body lengths?

YES  
↓

NO →



Is the child age 8-13 and able to shallow-angle dive, complete a front and back flip turn, and swim 50 yards of each stroke (front crawl, backstroke, breaststroke, sidestroke, and butterfly)?

YES  
↓

NO →



**PASSED LEVEL 6**  
Keep working on your skills

