

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?

YES →



NO

AGES 4-6

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

NO →



YES

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?

NO →



YES

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?

NO →



YES

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)?

NO →



YES

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?

NO →



YES

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?

NO →



YES

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?

NO →



YES

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)?

NO →



YES



PASSED LEVEL 6
Keep working on your skills →

