



PARKS AND RECREATION DEPARTMENT

2012 Swim Lessons Registration Guide

Not sure of your child's ability? Please stop by the pool during the summer from Tues-Friday 9-1130am or 6-8pm for a FREE assessment of their skills & level placement recommendation!

Is your child at least 3yrs old?
Can your child learn in the water without a parent?

Yes

No – Parent/Child

Is your child at least 5yrs old? Are they comfortable entering/exiting the pool and exploring without assistance?

Yes

No – Preschool

Is your child at least 6 years old?
Can your child comfortably submerge their head underwater AND do a front & back float without assistance?

Yes

No – Level 1

Can your child swim 5 yards on their front, float for 15 seconds, then swim another 5 yards on their back?

Yes

No – Level 2

Can your child swim 15 yards of proper front crawl, float for 30 seconds, then swim 15 yards of proper backstroke?

Yes – Level 4 & 5

No – Level 3

Parent/Child

Pre-requisites

1. None.

Skills

1. Getting wet with toys
2. Getting wet kicking
3. Enter water by lifting in
4. Enter water by walking in
5. Out-of-water exploration
6. In-water exploration
7. Exit water by lifting out
8. Exit water by walking out
9. Blowing bubbles on the surface
10. Blowing bubbles with mouth and nose submerged
11. Underwater exploration
12. Submerging mouth, nose and eyes
13. Front float
14. Front glide
15. Back float
16. Back glide
17. Roll from front to back
18. Roll from back to front
19. Passing from instructor to parent
20. Leg action on front
21. Leg action on back

Preschool

Pre-requisites

1. At least 3 years of age
2. Can learn without a parent in the water

Skills

1. Enter water using ladder, steps or side
2. Exit water using ladder, steps or side
3. Blowing bubbles through mouth and nose, 3 seconds
4. Submerging mouth, nose and eyes
5. Opening eyes under water and retrieving submerged objects, 2 times (in shallow water)
6. Front glide, 2 body lengths
7. Recover from a front glide to a vertical position
8. Back glide, 2 body lengths
9. Back float, 3 second
10. Recover from a back float to a vertical position
11. Roll from front to back
12. Roll from back to front
13. Treading with arm and hand actions (in chest-deep water)
14. Alternating leg action on front, 2 body lengths
15. Simultaneous leg action on front, 2 body lengths
16. Alternating arm action on front, 2 body lengths
17. Simultaneous arm action on front, 2 body lengths
18. Combined arm and leg actions on front, 2 body lengths
19. Alternating leg action on back, 2 body lengths
20. Simultaneous leg action on back, 2 body lengths
21. Alternating arm action on back, 2 body lengths
22. Simultaneous arm action on back, 2 body lengths
23. Combined arm and leg actions on back, 2 body lengths

Exit Skills Assessment (To Promote to Next Level)

1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or “swim.”)
2. While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

Level 1

Pre-requisites

1. At least 5 years of age
2. Can perform 'Exit Skills Assessment' from prior level

Skills

1. Enter water using ladder, steps or side
2. Exit water using ladder, steps or side
3. Blowing bubbles through mouth and nose, 3 seconds
4. Bobbing, 3 times
5. Opening eyes under water and retrieving submerged objects, 2 times (in shallow water)
6. Front glide, 2 body lengths
7. Recover from a front glide to a vertical position
8. Back glide, 2 body lengths
9. Back float, 3 seconds
10. Recover from a back float or glide to a vertical position
11. Roll from front to back
12. Roll from back to front
13. Treading using arm and hand actions (in chest-deep water)
14. Alternating leg action on front, 2 body lengths
15. Simultaneous leg action on front, 2 body lengths
16. Alternating arm action on front, 2 body lengths
17. Simultaneous arm action on front, 2 body lengths
18. Combined arm and leg actions on front, 2 body lengths
19. Alternating leg action on back, 2 body lengths
20. Simultaneous leg action on back, 2 body lengths
21. Alternating arm action on back, 2 body lengths
22. Simultaneous arm action on back, 2 body lengths
23. Combined arm and leg actions on back, 2 body lengths

Exit Skills Assessment (To Promote to Next Level)

1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or "swim.")
2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Level 2

Pre-requisites

1. At least 6 years of age
2. Can perform 'Exit Skills Assessment' from prior level

Skills

1. Enter water by stepping or jumping from the side (in shoulder-deep water)
2. Exit water using ladder, steps or side (in chest-deep water)
3. Fully submerging and holding breath, 5 seconds
4. Bobbing, 5 times (in chest-deep water)
5. Opening eyes under water and retrieving submerged objects, 2 times
6. Front float, 5 seconds
7. Jellyfish float, 5 seconds
8. Tuck float, 5 seconds
9. Front glide, 2 body lengths
10. Recover from a front float or glide to a vertical position
11. Back float, 15 seconds
12. Back glide, 2 body lengths
13. Recover from a back float or glide to a vertical position
14. Roll from front to back
15. Roll from back to front
16. Change direction of travel while swimming on front or back
17. Treading using arm and leg actions, 15 seconds
18. Combined arm and leg actions on front, 5 body lengths
19. Finning arm action on back, 5 body lengths
20. Combined arm and leg actions on back, 5 body lengths

Exit Skills Assessment (To Promote to Next Level)

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to vertical position.
2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths.(You can assist the participant when taking a breath.)

Level 3

Pre-requisites

1. At least 6 years of age
2. Can perform 'Exit Skills Assessment' from prior level

Skills

1. Enter water by jumping from the side
2. Headfirst entry from the side in a sitting position (in water at least 9-feet deep)
3. Headfirst entry from the side in a kneeling position (in water at least 9-feet deep)
4. Bobbing while moving toward safety, 5 times
5. Rotary breathing, 10 times
6. Survival float on front, 30 seconds
7. Back float, 30 seconds
8. Change from vertical to horizontal position on front
9. Change from vertical to horizontal position on back
10. Tread water, 30 seconds
11. Push off in a streamlined position on front then begin flutter kicking, 3–5 body lengths
12. Push off in a streamlined position on front then begin dolphin kicking, 3–5 body lengths
13. Front crawl, 15 yards
14. Elementary backstroke, 15 yards
15. Scissors kick, 10 yards

Exit Skills Assessment (To Promote to Next Level)

1. Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Level 4 & 5

Pre-requisites

1. At least 6 years of age
2. Can perform 'Exit Skills Assessment' from prior level

Level 4 Skills

1. Headfirst entry from the side in a compact position (in water at least 9-feet deep)
2. Headfirst entry from the side in a stride position (in water at least 9-feet deep)
3. Swim under water, 3–5 body lengths
4. Feetfirst surface dive, submerging completely
5. Survival swimming, 30 seconds
6. Front crawl open turn
7. Backstroke open turn
8. Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes
9. Front crawl, 25 yards
10. Breaststroke, 15 yards
11. Butterfly, 15 yards
12. Push off in a streamlined position on back and begin flutter kicking, 3–5 body lengths
13. Push off in a streamlined position on back and begin dolphin kicking, 3–5 body lengths
14. Elementary backstroke, 25 yards
15. Back crawl, 15 yards
16. Sidestroke, 15 yards

Level 4 Exit Skills Assessment (To Promote to Next Level)

1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Level 5 Skills

1. Shallow-angle dive from the side (in water at least 9-feet deep)
2. Shallow-angle dive, glide 2 body lengths and begin any front stroke (in water at least 9-feet deep)
3. Tuck surface dive, submerging completely
4. Pike surface dive, submerging completely
5. Front flip turn while swimming
6. Backstroke flip turn while swimming
7. Tread water, 5 minutes
8. Front crawl, 50 yards
9. Breaststroke, 25 yards
10. Butterfly, 25 yards
11. Elementary backstroke, 50 yards

12. Back crawl, 25 yards
13. Standard scull, 30 seconds
14. Sidestroke, 25 yards

Level 5 Skills Assessment

1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.