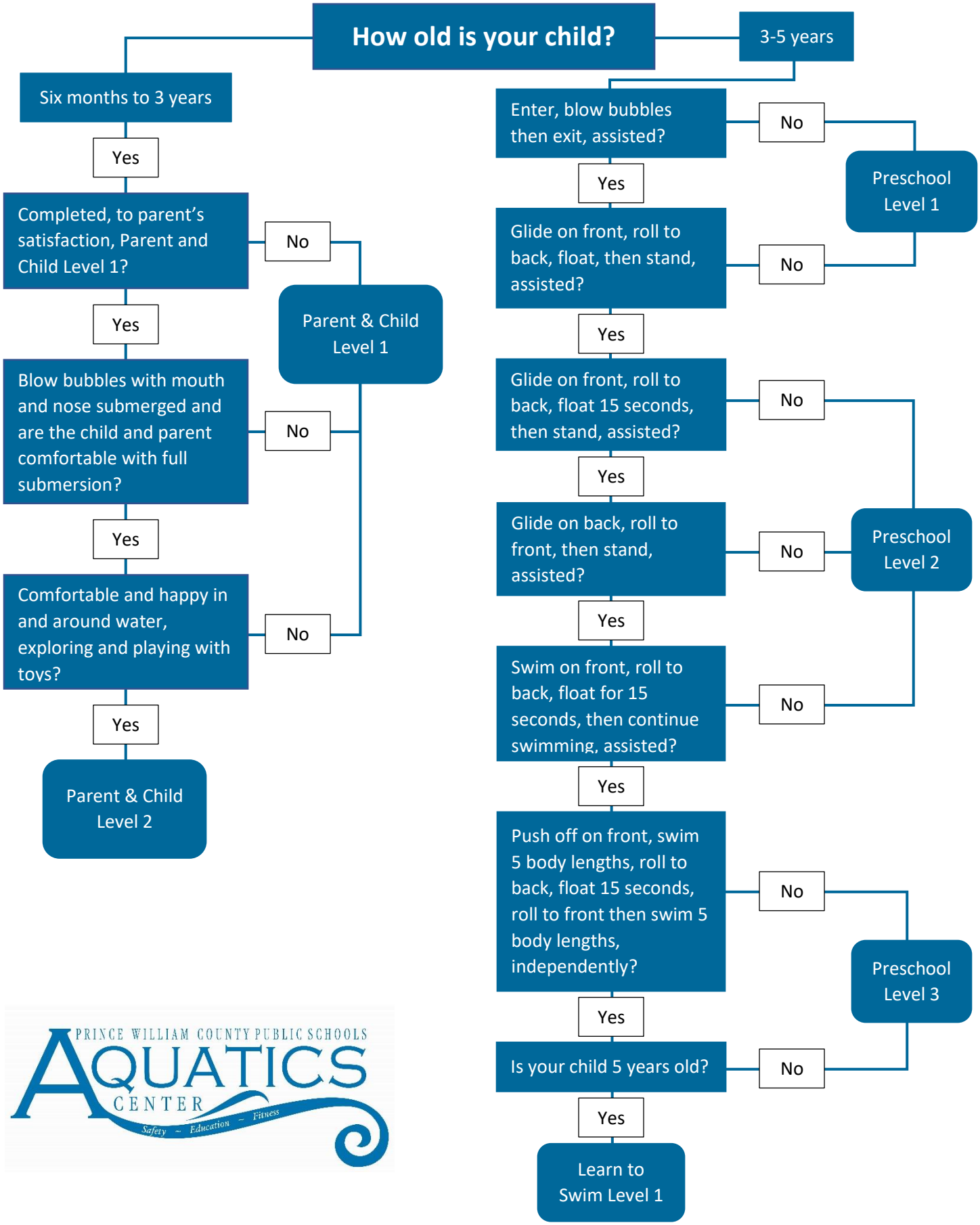
In which level should I enroll my child (ages 6 months to 5 years)?



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In which level should I enroll my child (age 5+)?

Enter and exit the pool independently; and go completely underwater

No → Level 1

Yes

With or without assistance, push off in streamlined position or glide on top of the water, roll to back, and float

No → Level 1

Yes

Unassisted front float, roll to back, back float and then stand

No → Level 2

Yes

Unassisted back float, roll to front, and then stand

No → Level 2

Yes

Unassisted push off and swim using arms and legs on front for five body lengths, roll to back, float for 15 seconds, roll to front then continue swimming five body lengths without touching the pool floor

No → Level 2

Yes

Unassisted jump into deep water, maintain position by floating and/or treading for one minute, rotate one full turn, then swim front crawl or backstroke 25 yards

No → Level 3

Yes

Unassisted in deep water push off in a streamlined position, swim front crawl 15 yards, then swim backstroke 15 yards

No → Level 3

Yes

Unassisted in deep water swim front crawl 25 yards then swim backstroke 25 yards?

No → Level 4

Yes

Unassisted swim breaststroke 15 yards then swim back crawl for 15 yards?

No → Level 4

Yes

Unassisted perform a shallow-angle dive, swim front crawl 50 yards then swim elementary backstroke 50 yards?

No → Level 5

Yes

Unassisted swim breaststroke 25 yards then swim back crawl for 25 yards?

No → Level 5

Yes

Swimmer selects and enrolls in Level 6: diving, personal water safety, or fitness.

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