



## DETERMINING WHICH SWIM LEVEL TO PLACE YOUR CHILD

In order for your child to succeed at learning how to swim, proper class placement is essential.

Swimming skills are progressive, which means that basic skills need to be mastered before more advanced skills can be learned. Students need a solid foundation upon which to safely build effective swimming skills. The best way to determine which class level to register your child is to review their most recent swimming report card. The instructor should have indicated your child's next swim level. If you are unable to review the report card, you may follow the following guidelines:

**#1) How old is the student?**

- under 6 months (go to #2)
- 6 months to 36 months old (go to #3)
- 3 or 4 years old (go to #4)
- 5 years old (go to #9)
- older than 5 years old (go to #10)

**#2) Swim classes are currently only available to students aged 6 months and up.**

Please wait until your child is older to register for swimming lessons.

**#3) Parent & Child classes are offered for students ages 6 months to 5 years old.**

Each student must have an adult in the water with them. If the child is not yet potty-trained, they must wear a special "swim" diaper. Max age for the Parent & Child class is 5yo. Please check specific age requirements as these classes may be further broken down by age. (Parent & Infant, Parent & Toddler, Parent & Child)

**#4) Is your child afraid of the water and/or do they have separation anxiety?**

If yes, go to #6.

If no, go to #5.

**#5) Is your child able to follow directions and wait their turn with an instructor?**

If yes, go to #7.

If no, go to #6.

**#6) You may want to consider enrolling your 6mo-5yo student in a Parent & Child swim class (see #7) -- OR --**

**Consider private swim lessons until they are physically, socially and/or emotionally ready for group swim lessons (see #16).**

**#7) Is this your child's first experience with group swim lessons?**

If yes, register for the Pre-School 1 swim level.

If no, go to #8

**#8) Is your child very comfortable in the water and willing to put their face in the water without goggles?**

If yes, register for the Pre-School 3 swim level.

If no, register for the Pre-School 2 swim level.

**#9) Does your 5yo child attend pre-school?**

If yes, go to #4.

If no, go to #10.

**#10) Is your child afraid or very nervous around the water? And/or do they have separation anxiety?**

If yes, go to #6.

If no, go to #11.

**#11) Is this your child's first experience with group swim lessons?**

If yes, register for Level 1.

If no, go to #12.

**#12) Can your child perform all of the following skills?**

back float on own and recover to a standing position	Swim 15 feet on front,	submerge entire head
front float on own and recover to a standing position	swim 10 feet on back	open eyes underwater
jump into the water on own		

If no, register for Level 2.

If yes, go to #13.

**#13) Can your child perform all of the following skills?**

jump into deep water	swim front crawl 15 yards	retrieve items off the bottom
perform bobs / rhythmic breathing,	swim back crawl 15 yards	swim in deep water
survival float for 30 seconds	swim butterfly stroke 15 feet	
tread water for 30 seconds	head first entry from sitting or kneeling position	

If no, register for Level 3.

If yes, go to #14.

**#14) Can your child perform all of the following skills?**

standing dive into water	survival float for 1 minute	swim elementary back stroke 15 yards
perform a feet-first surface dive	tread water for 1 minute,	swim sidestroke 15 yards
swim underwater	back float for 1 minute	swim butterfly stroke 15 yards
swim front crawl 25 yards	swim back crawl 25 yards	swim breaststroke 25 yards

If no, register for Level 4.

If yes, go to #15.

**#15) Can your child perform all of the following skills?**

shallow dive	survival float for 2 minutes	swim front and back crawl (50 yards each),
tuck and pike surface dives	back float for 2 minutes	swim butterfly, breaststroke, elementary
flip turns on front and back	tread water for 2 minutes	backstroke and sidestroke (25 yards each).

If no, register for Level 5.

If yes, register for Level 6.

**#16) Private Swim Lessons are ideal for students of all abilities.**

This includes:

- non-swimmers who require individualized attention,
- swimmers and non-swimmers who are anxious about the water
- swimmers who are uncomfortable in group settings,
- more advanced students who desire specialized instruction and fine-tuning of their swimming technique.

Private Swim Lesson packages consist of five 30-minute sessions scheduled at the convenience of both the student and instructor. Cost varies depending upon recreation membership and residency. Currently there is a waiting list for private swim lessons due to a shortage of qualified instructors.

Semi-private swim lessons are also possible for up to 3 students who are at, or close to, the same swimming ability. Again, prices vary based on membership and residency.

If you are interested in private or semi-private swim lessons, please contact Joan Stark at [jstark@rrcity.com](mailto:jstark@rrcity.com) with student's name, age, swimming ability, and availability.