

What Learn-to-Swim level is my child in?

Determine which level to sign your child up for based on if they can pass the exit skills test for the learn-to-swim levels

Level 1 Exit Skills

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

Level 2 Exit Skills

- Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water
- Move into a back float for 15 seconds, roll to front, then recover to a vertical position
- 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

Level 3 Exit Skills

- Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water
- Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water

Level 4 Exit Skills

- Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards
- Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water

Level 5 Exit Skills

- Perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout
- Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout

Level 6 Exit Skills

- Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke
- Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes
- Perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to surface, then back to starting point