



AQUATICS YOUTH SWIM SKILLS PLACEMENT GUIDE

Course	Pre-Requisite	Purpose
Parent Toddler (Ages 18 months-3 years)	No Pre-Requisite	<ul style="list-style-type: none"> • Holding and Support Techniques • Water Adjustment, Entry and Exit • Breath Control • Buoyancy on Front • Buoyancy on Back • Changing Direction • Swim and Back • Water Safety
Pre-School Level 1 (Ages 4-5 years)	<ul style="list-style-type: none"> • Enter independently, using either the ramp, steps or side, 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.") • Glide on front, float on back for 3 seconds, then recover to a standing position 	<ul style="list-style-type: none"> • Glide on front, float on back for 15 seconds, then recover to a vertical position • Glide on back, roll to front, then recover to a vertical position • Swim using combined arm and leg actions on front, roll to back, float for 15 seconds, roll to front, then continue swimming on front
Pre-School Level 2 (Ages 4-5 years)	<ul style="list-style-type: none"> • Glide on front for, roll to back, float on back for 15 seconds, then recover to a vertical position • Glide on back, roll to front, then recover to a vertical position • Swim using combined arm and leg actions on front, roll to back, float for 15 seconds, roll to front, then continue swimming on front 	<ul style="list-style-type: none"> • Treading or floating position for 15 seconds, swim on front and/or back, 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, roll to back, float for 15 seconds, roll to front, continue swimming
Youth Level 1 (Ages 6 & Up)	No Pre-Requisite	<ul style="list-style-type: none"> • Treading or floating position for at least 15 seconds, swim on front and/or back, 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, roll to back, float for 15 seconds, roll to the front, then continue swimming
Youth Level 2 (Ages 6 & Up)	<ul style="list-style-type: none"> • 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, roll to back, float for 15 seconds, roll to the front, then continue swimming 	<ul style="list-style-type: none"> • 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 at least 5 body lengths



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Youth Level 3 (Ages 6 & Up)	<ul style="list-style-type: none"> 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 at least 5 body lengths 	<ul style="list-style-type: none"> Jump into deep water from the side, recover to the surface, maintain position by treading or floating, rotate one full turn, then turn as necessary to orient to the exit point, swim front crawl and/or elementary backstroke for 25 yards 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
Youth Level 4 (Ages 6 & Up)	<ul style="list-style-type: none"> Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, swim front crawl and/or elementary backstroke for 25 yards 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 	<ul style="list-style-type: none"> Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and swim elementary backstroke for 25 yards Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards. Submerge and swim a distance of 3 to 5 body lengths underwater return to the surface
Youth Level 5 (Ages 6 & Up)	<ul style="list-style-type: none"> Perform a feet first entry into deep water, swim front crawl for 25 yards, and swim elementary backstroke for 25 yards Swim breaststroke for 15 yards, swim back crawl for 15 yards Submerge and swim a distance of 3 to 5 body lengths underwater and return to the surface 	<ul style="list-style-type: none"> Perform a shallow dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using 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
Conditioning/Fitness Swimming (Ages 9 & Up)	<ul style="list-style-type: none"> Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 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 	<ul style="list-style-type: none"> Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke Perform the Cooper 12-minute swim test and compare results with the pre-assessment results

