

Swim Lesson Registration Information:

Aqua Tot Levels I and/or II (9 months-3.9 years)

Q: Is student between 9 – 38 months?

If - **No** Please consider attending our “Open Swim”.
If -**Yes** and/or **has never** taken a “Water Introduction” course then **Aqua Tots I**

Q: Is student between 20 to 38 months and has previously taken a “Water Introduction” swim course?

If - **No** Aqua Tots I
If - **Yes** Aqua Tots II

Q: Is the student under the age of 4 and parent feels they may still benefit from parent/caregiver assistance?

If -**No** Preschool I
If -**Yes** Aqua Tots II

Preschool to Youth Level Equivalency

Age 5 last year and now 6 year olds this year.

Preschool 1= Youth Level 1

Preschool 2= Youth Level 1

Preschool 3=Youth Level 1

Preschool 4= Youth Level 2

Preschool 5= Youth Level 3

Preschool Levels I, II, III, IV and/or V (3.0 – 5.9 years)

Q: Can student submerge head completely underwater with open eyes in chest deep water?

If -**No** Preschool I
If - **Yes** Preschool II

Q: Can student glide while kicking unassisted on front and back 3 yards?

If -**No** Preschool II
If -**Yes** Preschool III

Q: Can student perform basic crawl stroke 3 yards (face in water, arms recover above water) & elementary back stroke 3 yards?

If -**No** Preschool III
If -**Yes** Preschool IV

Q: Can student perform crawl stroke w/rhythmic breathing 5 yards (face in water, exhaling under water, turning face to side every stroke to inhale) and elementary back stroke 5 yards?

If -**No** Preschool IV
If -**Yes** Preschool V

Q: Can student perform Front & Back Crawl 15 yards & Dolphin Kick 10 yards ?

If- **No** Preschool IV
If -**Yes** and is 6 years and older please consider Youth Level III or IV. If under 6 please consider Preschool 5 or call Kelsey Hayes for approval to youth level courses

Youth Levels I, II, III, IV, V and/or VI (6.0 years and older)

Q: Can student submerge head completely underwater w/open eyes & can float motionless on front & back for 5 seconds? (float in an “X” type position)

If -**No** Youth Level I
If -**Yes** Youth Level II

Q: Can student perform basic front and back stroke 5 yards? (Arms recover above water)

If - **No** Youth Level II
If -**Yes** Youth Level III

Q: Can student perform basic elementary backstroke, front crawl and back stroke 10 yards? (With rhythmic breathing- coordinated to arms and kick)

If -**No** Youth Level III
If -**Yes** Youth Level IV

Q: Can student perform intermediate front, back, elementary backstroke and breaststroke 25yards?

If -**No** Youth Level IV
If -**Yes** Youth Level V

Q: Can student perform sidestroke and butterfly 25 yards and 50 yards of front, back and breaststroke?

If -**No** Youth Level V
If - **Yes** Youth Level VI

Q: Can student perform proficient front and back crawl with turns 100 yards and 50 yards of butterfly?

If - **No** Youth Level VI
If – **Yes** Continuing in Youth Level VI