

Aquatics Instruction: Level Enrollment Information

Beginner 1 (ages 3+)

No prior instructional experience necessary.

Beginner 2 (ages 3+)

Have a Beginner 1 certificate OR be able to do the following: Enter the water unassisted, Move 5 yards, bob 5 times to chin level and safely exit the water. AND float on front with support for 3 seconds, roll to back (w/assistance) and float on back for 3 seconds.

Beginner 3 (ages 3-5)

Have a Beginner 2 certificate OR be able to do the following: Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position w/ assistance. AND glide on back for at least 2 body lengths, roll to front, float on front for 5 seconds then recover to vertical position, w/assistance. AND swim on back and front using combined arm and leg actions for at least 3 body lengths, w/assistance.

Level 2 (ages 6 & up)

6+ years of age w/ Beginner 2 certificate OR be able to do the following: Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position w/ assistance. AND glide on back for at least 2 body lengths, roll to front, float on front for 5 seconds then recover to vertical position, w/assistance. AND swim on back and front using combined arm and leg actions for at least 3 body lengths, w/assistance.

Level 3

Have a Beginner 3 or Level 2 certificate OR be able to do the following: Step from side into chest deep water, move into an unassisted front float for 5 seconds, roll over to an unassisted back float, return to standing position, then move back to an unassisted back float for 5 seconds and return to standing position. AND Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back – both unassisted.

Level 4

Have a Level 3 certificate OR be able to do the following: Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading water or floating for 30 seconds and swim back crawl 15 yards.

Level 5

Have a Level 4 certificate OR be able to do the following: Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards. AND Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.