

THE SWIMMIN' HOLE
LEVEL GUIDELINES

HOW TO KNOW WHICH LEVEL YOUR CHILD SHOULD BE IN?

Your child is a **level 1** if:

- They don't put their face in the water
- They are afraid of the water.
- They have never had swimming lessons before.
- They aren't happy in the bath or getting their hair washed.
- They might go in and splash around, but stay in shallow water
- Won't take their feet off the bottom.
- They will only get in the water in a lifejacket or floaties.

Your child is a **Level 2** if:

- They put their face in the water and blow bubbles.
- They can front float with assistance or on their own
- They are not afraid to jump in the shallow end by themselves
- They are trying to swim, but don't have any idea how to do it!
- They will back float if someone helps them.
- They are not afraid of the water but have no skill which makes them dangerous.

Your child is a **Level 3** if:

- They can swim in deep water about 20 ft. using big arms and kicking
- They can swim on their back with flutter kick feet and sculling hands.
- They can jump in the deep end and swim to the side.
- They are just learning to side breath with big arms and swim with big arms on their back

Your child is a **level 4** if:

- They can swim 40 ft. freestyle using side breathing and no fins.
- They can swim 40 ft. back stroke with no fins.
- They have not yet learned Breast Stroke or Butterfly, just practiced the kicks.
- They can tread water for at least 30 sec.
- They are deep end safe, but don't have a lot of technique when they swim.

Your child is a **level 5** if:

- They can swim all 4 strokes....freestyle, backstroke, breast stroke and butterfly
- They need work on perfecting these strokes.

Your child should be in **parents and tots** if:

- They are shorter than 36" to their chin.
- They have never had swimming lessons
- They still need to be in a program with a parent
- They are 3 yrs. of age or younger

You may put your child in **Pre school private lessons** if:

They have had at least one session of parent and tot and you were advised to move them up.

They are Under 36 " to their chin and cannot touch bottom yet.

They are getting hard to hold onto in the pool

They are trying to swim

OR

They are terrified and need a one on one class

They have had a water trauma or scare

Your child can do **Swim Team Prep** if:

They can swim at least one length of the pool (40 ft.) without fins on, using side breathing.

They can swim on their back in the deep end.

They are in level 3 or have passed level 3

Your son may do the **Merit Badge Prep** if:

They are not strong swimmers and need work on strokes

They were not able to pass off their second class or first class swim requirements.

They are age 11 and over (10 if they turn 11 before the session ends.)

NOTE: I always pre test these boys and will pull out any that are good enough swimmers to pass off the MB quickly.

