

Swim Level Prerequisites

AGES 6 months – 2 years

Parent & Me

- Is the child at least six months of age?
- Does the child have head/neck control?
- If the child is over the age of three, is there any reason why he/she cannot be enrolled in the Toddler class? If the answer is no, please see Toddler Beginning.

AGES 3 – 5 years

Toddler Beginner

- Is the child at least three years old? [If younger than three, see Parent & Me.]
- Is this child under six years old? [If older than six, see Level 1.]
- If this child is over three, under six, and has never taken lessons; this is the class for him/her.

Toddler Advanced

If you answer no to any of the questions below place your child in Toddler Beginner.

- Is this child over three but less than six years of age? [If older than six, see Level 1.]
- Can this child put his/her face in the water and blow bubbles?
- Can this child open his/her eyes underwater without goggles?
- Can this child float on their front for at least 5 seconds without help?
- Can this child float on their back for at least 5 seconds without help?
- Can this child climb out of (exit) the pool without help?

AGES 5 and up

Level 1: Introduction to Water Skills

If you answer no to any of the questions below place your child in Toddler Beginner or Toddler Advanced.

- Is this child at least five years old? [If younger than six, see Ages 3 -5.]
- If this child is at least five years old and has never taken swim lessons or is not yet ready for Level 2; this is the class for him/her.

Level 2: Fundamental Aquatic Skills

If you answer no to any of the questions below place your child in Level 1.

- Is this child at least six years old? [If younger than six, see Ages 3 - 5.]
- Can this child put his/her face in the water and blow bubbles?
- Can this child float on their front AND back without help?
- Can this child move arms in alternating forward motion?
- Can this child move arms in alternating backward motion?
- Does this child know the basics of kicking?
- Can this child perform combined arm and leg actions on front and back?
- Can this child jump into chest deep water without assistance?
- Can this child retrieve submerged objects in shallow water?

Level 3: Stroke Development

If you answer no to any of the questions below place your child in Level 2.

- Is this child at least six years old? [If younger than six, see Ages 3 - 5.]
- Can this child front and back glide, incorporate kicking, without assistance?
- Can this child effectively perform a front crawl stroke for at least 5 yards?
- Can this child effectively perform a back crawl stroke for at least 5 yards?
- Can this child switch directions as well as turn over while swimming?
- Is this child comfortable being in deep water?

Level 4/5: Stroke Improvement and Refinement

If you answer no to any of the questions below place your child in Level 3.

- Can this child perform an effective front crawl with side breathing for at least 15 yards?
- Can this child perform an effective backstroke for at least 15 yards?
- Can this child perform a headfirst water entry from a kneeling or standing position?
- Can this child perform an effective flutter kick for at least 25 yards?
- Can this child tread water for at least 20 seconds?
- Can this child retrieve submerged objects in deep water?

Level 6: Swimming and Skill Proficiency

If you answer no to any of the questions below place your child in Level 4/5.

- Can this child effectively swim 50 yards of front crawl with side breathing?
- Can this child effectively swim 25 yards of backstroke?
- Can this child effectively swim 25 yards of elementary backstroke?
- Can this child effectively swim 25 yards of breaststroke?
- Can this child swim underwater for 10 yards or more?
- Can this child tread water for at least 40 seconds?

If you are still unsure which level would be best for your child, please contact us at swim@cityoftemecula.org or (951) 308-6396 and we would be more than happy to help.