

Aquatics Instruction: Level Enrollment Information

Beginner 1 (ages 3-5)

No prior instructional experience necessary.

Takes Place in the Therapy Pool.

Beginner 2 (ages 3-5)

Have a Beginner 1 certificate OR be able to do the following: Enter independently; using the ladder, steps or side, travel at least 5 yards, blow bubbles for 3 seconds, then safely exit the water. (Participants can walk, move along the gutter or “swim.”) Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Takes Place in the Therapy Pool.

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 15 seconds and recover to vertical position. Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position. Swim using combined arm and leg actions of front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming for 3 body lengths.

Takes Place in the Therapy Pool.

Level 1 (ages 6 & up)

No prior instructional experience necessary.

Takes Place in the Main Pool.

Level 2 (ages 6 & up)

6+ years of age w/ Level 1 certificate OR be able to do the following: Enter independently; using the ladder, steps or side, travel at least 5 yards, blow bubbles for 3 seconds, then safely exit the water. (Participants can walk, move along the gutter or “swim.”) Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.) Takes Place in the Main Pool.

Level 3 (ages 4+)

Have a Beginner 3 or Level 2 certificate OR be able to do the following: Step from side into chest deep water, push off the bottom and move to a front float for 15 seconds, swim on front or back for 5 body lengths then exit the pool. Move to a back float for 15 seconds, roll to front then recover to vertical position. Push off and swim using a combined arm and leg action on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. **Takes Place in the Main Pool.**

Level 4 (ages 4+)

Have a Level 3 certificate OR be able to do the following: Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute then rotate 1 full turn, then turn to face correct direction, level off, swim front crawl or elementary backstroke 25 yards. Push off in a streamlined position, then swim front crawl 15 yards, change position and direction and swim elementary backstroke 15 yards back to starting point. **Takes Place in the Main Pool.**

Level 5 (ages 4+)

Have a Level 4 certificate OR be able to do the following: Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. Submerge and swim a distance of 3 to 5 body lengths underwater, return to the surface and exit the water. **Takes Place in the Main Pool.**