

# Learn to Swim Frequently Asked Questions

1. How do I know what level to register my child for?
  - If the child is under age three they must register for a Parent & Tot class.
  - If the child is age 3 and very timid in the water, has no swimming experience, afraid to put their face in, afraid to go under water, or unable to blow bubbles the **Tadpole** class is a great water adjustment class.
  - 3-5 years of age and has never taken a class, is not very comfortable going under water, they should be registered for the **Guppy** class.
  - 3-5 years of age and is comfortable in the water, can float comfortably on their stomach and back for at least 5 seconds; and /or passed the Guppy class, then they should be registered for the **Minnow** class.
  - 3-5 years of age and is able to swim front and back crawl for at least 5 yards with proficient kicks and arm movements; comfortable underwater, and /or passed the Minnow class, then they should register for the **Starfish** class.
  - 3-5 years of age and has passed the Starfish class; is comfortable in the water; can swim front crawl and back crawl for at least 5 yards; can explore deep water, they should register for the **Stingray** class.
  - 6-12 years of age never taken a swimming class; is uncomfortable in the water; cannot submerge their head; cannot float on front and back for at least 5 seconds, register for the **Seahorse** class.
  - 6-12 years of age and is comfortable in the water; can front crawl and back crawl for at least 5 yards, can explore deep water, and/or passed the Seahorse class, register for the **Stingray** class.
  - 6-12 years of age, able to swim front crawl and back crawl 15 yards with kick; has knowledge of rotary breathing; can tread water without support; and can perform the elementary backstroke arms for 15 yards, and/or passed the **Stingray** class, register for the **Dolphin** class.
  - 6-12 years of age, able to swim back crawl 20 yards; front crawl 20 yards with proficient rotary breathing; elementary backstroke with whip kick 10 yards, and/or passed the Dolphin class, register for the **Shark** class.
  - 6-12 years of age, able to swim back crawl 25 yards; can swim elementary backstroke with a proficient whip kick for 25 yards; swim front crawl with rotary breathing 25 yards; sidestroke with scissors kick 10 yards; perform breaststroke arms and kicks for 10 yards, and/or passed Shark class, register for the **Intermediate** class.
  - 6-12 years of age, able to swim back crawl 50 yards; swim front crawl 50 yards with proficient rotary breathing; perform dolphin kick and arms for 10 yards; swim sidestroke 25 yards, and/or passed Intermediate class, register for the **Advanced** class.
  - 6-12 years of age and is able to front crawl 100 yards; back crawl 100 yards; breaststroke 50 yards; sidestroke 50 yards; butterfly 15 yards; approach stroke 25 yards; perform speed turn and pullout for breaststroke; sidestroke turn; flip turn for front and back crawl, and/or passed Advanced class, register for the **Expert** class.