

HOW TO DETERMINE YOUR STUDENT'S SWIM LEVEL

IF YOUR STUDENT IS NEW TO SWIM LESSONS, USE THIS CHART TO DETERMINE WHERE TO BEGIN. PLEASE NOTE, YOU CAN ALSO SIGN UP FOR **PRIVATE LESSONS** AT ANY LEVEL.

AGE: 6 MO to 3 YRS

- Able to attend a swim class by themselves without a parent in the water with them.
- Able to submerge eyes, mouth, nose underwater.
- Can comfortably float on back and front with assistance.

YES!

NO?

Not ready for Swim Lessons

AGE: 3-5 YRS

- Can blow bubbles underwater.
- Comfortable putting their face into the water.
- Can submerge mouth, nose and eyes.
- Can comfortably float on back and front with assistance.

YES!

NO?

Sign up for
Preschool
Level 1

AGE: 4-6 YRS

- Comfortable blowing bubbles, submerging eyes, nose, mouth underwater.
- Can float on front and back with assistance.
- Can glide on front and back with assistance.
- Can recover from a floating position to standing on the bottom.
- Can roll from front to back/back to front.
- Can tread water using arm and leg action.

YES!

NO?

Sign up for
Preschool
Level 3

AGE: 4-6 YRS

- Can fully submerge head and hold breath underwater.
- Can float on back and front with no assistance needed.
- Can travel and change direction when swimming on the front and back.
- Can glide on front and back without assistance.
- Can use arms and legs at the same time while swimming.

YES!

NO?

Sign up for
Preschool
Level 3

AGE: 6-15 YRS

- Able to blow bubbles underwater and fully submerge head underwater.
- Can front float and back float without assistance for two body lengths.
- Can roll front to back/back to front with assistance.
- Able to tread water using arms and legs.
- Able to swim on the front and back for two body lengths with simultaneous arm and leg action.

YES!

NO?

Sign up for
Learn to Swim
Level 1



DEPARTMENT OF
WELLNESS



OSUWELL



**DISCOVER
WELLNESS**

AGE: 7-15
YRS

- Able to submerge head and hold breath for 10 seconds.
- Can perform rotary breathing five times.
- Can glide on front and back without assistance.
- Can float on the back and front for 15 seconds without assistance.
- Can roll back to front/front to back without assistance.
- Can swim on front and back with combined arm and leg action without assistance.

YES!

NO?
Sign up for
Learn to Swim
Level 2

AGE: 7-15
YRS

- Able to rotary breath 15 times while swimming on the front using simultaneous arm and leg action.
- Survival float on front in deep water for 30 seconds.
- Back float in deep water for 30 seconds.
- Able to go from a vertical to horizontal position in deep water and vice versa.
- Able to tread water for one minute in deep water.
- Able to swim elementary backstroke and perform scissors kick for 15 yards.
- Able to swim front crawl with a streamline.
- Able to perform breaststroke kick.

YES!

NO?
Sign up for
Learn to Swim
Level 3

AGE: 7-15
YRS

- Able to swim front crawl for 25 yards, backstroke and butterfly for 15 yards.
- Able to swim elementary backstroke and back crawl for 25 yards.
- Able to perform sidestroke.
- Can perform a dolphin kick and breaststroke kick.
- Able to survival float for one minute in deep water.
- Can do a feet first surface dive.
- Can perform a front crawl and back crawl open turn.

YES!

NO?
Sign up for
Learn to Swim
Level 4

AGE: 7-15
YRS

- Can perform:
 - >> 50 yards of Elementary backstroke
 - >> 15 yards of back crawl
 - >> 25 yards of sidestroke
 - >> 50 yards of front crawl
 - >> 25 yards of butterfly
 - >> 25 yards of breaststroke.
- Can tread in deep water for five minutes.
- Can do a flip turn on front and back.
- Can do tuck and pike surface dive.

YES!

Consider
a **Private**
Lesson
which can
be done at
any level

NO?
Sign up for
Learn to Swim
Level 5

For questions or for more information, please call
(405)744-2468 or email aquatics@okstate.edu

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