

HOW TO DETERMINE YOUR STUDENT'S SWIM LEVEL

IF YOUR STUDENT IS NEW TO SWIM LESSONS, USE THIS CHART TO DETERMINE WHERE TO BEGIN.

AGE: 6 MO
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?
Sign up for
Parent and Tot

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 2

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

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

➔ **NO?**
Sign up for
Learn to Swim
Level 5

For questions or for more information, please call
(803)777-4694 or email aquatics@mailbox.sc.edu



Campus Recreation
UNIVERSITY OF SOUTH CAROLINA

