

ALTAVISTA AREA YMCA AQUATIC FACILITY

FIND YOUR CHILD'S CORRECT SWIMMING LESSON LEVEL

Directions: Please read each section and check off the skills your child can currently demonstrate. Each child will be encouraged to improve his/her skills and will be challenged by the teacher to learn new skills. Most children repeat levels many times. During peak swim lesson season we offer Preschool Level I or II for your child to be with his/her peers.

Can your child:

- Sit and share a teacher's attention
- take a class without parent
- is familiar with the water

If your child can perform these skills, enroll him/her in LEVEL I.

If your child is 6 months to 4 years and needs a parent in the water enroll in a parent/child Water baby's class.

Can your child:

- Fully submerge face for 3 seconds
- Blow bubbles
- Demonstrate kicking on back and front with/without belt
- Demonstrate floating front and back with/without assistance
- Demonstrate front crawl arm pattern
- Demonstrate Finning arm pattern on back

If your child can perform all these skills, enroll him/her in LEVEL II

Can your child:

- Hold his/her breathe & fully submerge head for 3 seconds
- Retrieve an object from the pool bottom in chest deep water & recover
Without support
- Swim front crawl 10yds
- Swim back crawl 10yds
- Jump into water over his/her head and swim back to side

If your child can perform all these skills, enroll him/her in Level III

If your child's skills are beyond these Levels, please remember that we have a swim camp in August. We also have a summer and fall/winter swim team.

Any questions call Aquatics Director, Lori E. Francis
at 369-9622 or email at ayaquatics@comcast.net