Spokane County Parks, Recreation, & Golf

Which level should my child be in for swim lessons?

1.	Is your child 6mo. to 2 years old?	Parent and Child
2.	2. Is your child ages 3-5 and comfortable getting in the water on their own?	
	No ———	Preschool level 1
	Yes ———	Preschool level 2
3.	. Is your child between ages 3-5 and comfortable putting their face in the water?	
	No ———	Preschool level 2
	Yes	Preschool level 3
4.	Is your child 6+, able to front float on their own, and do they know basic arm and leg actions?	
	No ———	Level 1
	Yes ———	Level 2
5.	Can your child swim the width of a pool independently, kn	nows basic front crawl, and can float on their
	front/back?	Level 2
	Yes	Level 3
6.	Can your child swim a length of a pool independently and has a basic knowledge of all six swimming strokes? (Front crawl, back crawl, breaststroke, butterfly, sidestroke, elementary backstroke)	
	No ———	Level 3
	Yes	Level 4
7.	Is your child a skilled swimmer and is looking for condition	oning/refinement of their strokes?
	Yes	Level 5/6

Class Descriptions

The descriptions below illustrate the skills your child should have in order to sign up for each class.

Parent and Child -Any child between 6 months and 2 years of age qualifies for this class. This class is designed for parents looking to familiarize their child with the water and increase their child's comfort level in the water. Parents are in the water with their children in this class and learn how to keep their child safe in and around the water.

Preschool Level 1 – Any child ages 3-5 qualifies for preschool classes. Preschool level 1 is for children who have little to no experience in the water and are looking to build comfort levels while learning basic breath control and floating skills.

Preschool Level 2 – This class is for students who are comfortable getting in the water but need instruction on basic swimming skills such as floating, breath control, and basic arm/leg actions.

Preschool Level 3 – This is the highest preschool class and is designed for students who have had experience in lessons and are comfortable putting their face in the water. This level builds on the fundamental swimming skills taught in preschool level 2.

Level 1 – Any child 6 years of age and up qualifies for our Learn to Swim levels. Level 1 is for children who are looking to learn basic swimming skills and will submerge their face and head in the water during skills. The instructor supports all skills at this level.

- **Level 2 –** Your child should be comfortable in the water and be able to front and back float on their own. Students will start to combine arm and leg actions to swim 3-5 body lengths.
- **Level 3** Your child should be able to swim WIDTHS of the pool to be in level 3. The fundamentals of the strokes may need work, but they should be able to make it across the width independently.
- **Level 4** This level is about stroke development. Your child should be able to swim a length of a pool at a time and have a basic understanding of all 6 swimming strokes though they may be a bit choppy at times.

Level 5/6 – This level is for experienced swimmers who are looking for conditioning and stroke refinement. Your child should be able to swim multiple lengths of the pool and know the basics of all strokes.