

What level is best for your child?

This is how the American Red Cross describes the levels of swim lessons:

- Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
- Level 2: Fundamentals of Aquatic Skills: Children will learn basic swimming skills.
- Level 3: Stroke Development: Additional guided practice will help students improve their skills.
- Level 4: Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills.
- Level 5: Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers.
- Level 6: Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency, and gain the ability to swim smoothly over greater distances. Swimmers will also have the option to participate in more advanced courses.

What does this actually mean?

- **Level 1:** Kids who are young, ages 1-3 are perfect for level one. Kids that can't hold themselves up in the water without assistance should also join level one. This level is perfect for kids who are just being introduced to swimming.
- **Level 2:** All the basics will be learned here. This is perfect for kids who aren't totally comfortable with swimming yet. Your child should know how to float and be able to put their head in the water without coaxing.
- **Level 3:** This level is continuing on teaching children the basics. We teach the "prereqs" for some of the more complicated strokes that will be learned in level four. Your child should be able to swim about 12.5 meters (half the pool) to join level three.
- **Level 4:** Your child should have enough stamina to be able to swim across at least 1 full length of the pool (25 meters) freestyle to join level four. All four strokes will be taught in level four which makes it a tough level for children to be able to master.
- **Level 5:** Your child must know how to swim all four strokes. They might struggle with swimming all four across the length of the pool, but they

should be able to. This level will help develop a solid foundation of technique and stamina.

- **Level 6:** Your child should be comfortable swimming 10+ laps of the pool at once. They should know every stroke, and be able to handle swimming all strokes for longer periods of time. This helps build stamina and nails in technique.

Tips when choosing which lesson to place your child in:

1. Don't stress! If the lifeguards think your child would fit better into a different level, we will move your child. Signing up for a certain level is not a binding commitment. It can and will be changed as your child improves/develops over the summer.
2. Ask your child if they think they can do certain skills listed in the levels. Sometimes they can do more than you know!
3. Sign up for the same level for the whole summer, this allows staff to be able to easily move your child as needed. Plus, you should be basing the level you pick off of where you think your child will be at the beginning of the summer.
4. If you can't join lessons, joining Colony Swim Team is also an amazing way to teach your child how to swim!
5. Finally, email Ella at ella.pierzecki@gmail.com if you have any more specific questions about signing up for swim lessons!

