

## 2021 Learn to Swim Cheat Sheet

**Not sure what level is best suited for you little swimmer? Here is a quick overview of all the levels so you can place your child with ease.**

**Parent-Tot:** Swimmers in this level are in the water with a parent/caregiver the entire lesson. They are just getting used to the water and working up towards level one. No children under 6 months of age permitted.

**Level 1:** Begins to teach elementary aquatic skills, swimmers learn to submerge face in the water and blow bubbles. Good for swimmers who are just getting comfortable in the water. Not appropriate for children who are afraid of the water or are non-verbal.

**Level 2:** Swimmers learn to float without support and learn the very beginning of front and back crawl. Swimmers start to move out of zero depth into the big pool.

**Level 3:** Swimmers continue to learn front and back crawl and elements of other strokes and treading water. The deep end is explored along with diving and the diving board.

**Level 4:** Swimmers continue to improve on front and back crawl and delve deeper into other strokes. Swimmers will learn basics of turning at the wall and diving is worked on.

**Just a reminder to parents-** The Red Cross teaches these levels as 6 courses, here at Pleasant Ridge we teach them in two week sessions. It is not unusual for a child to spend more than one session in a level.

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