

Please fill out this quick questionnaire so that we can place your child in the appropriate level

WATER DISCOVERY  (if selected no need to check any boxes below)

Ages 10 months – 2 years old

CHILD WITH AN ADULT

Please select **ALL** that apply below

- My child is nervous in water
- My child is comfortable in the water
  
- My child is NOT comfortable submerging their head
- My child is comfortable submerging their head quickly
- My child is comfortable submerging their head and holding their breath
  
- My child can float on their back independently
- With assistance, my child can float on their back
- My child is not comfortable being on their back in the water
  
- My child can jump into the pool and get back to the edge
- My child can tread water for 15 seconds
- My child can tread water for more than 15 seconds
  
- My child can swim freestyle but **does not** put their face in water
- My child can swim freestyle with side breathing
- My child can swim backstroke

If your child has special needs that pertain to swimming lessons, please let us know below

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For anyone 13 and up please email Kristy at [Kparks@lakeridgeac.com](mailto:Kparks@lakeridgeac.com)

# LAKERIDGE ATHLETIC CLUB SWIM LEVELS

Children will be placed in a level based on ability and age. Below are the descriptions of what your child will be learning in each level. The beginning levels are broken down by age group. Children advance only with teacher approval. Mastering beginning skills is important for water safety and being successful in later levels.

## **STARFISH** Ages 3 – 6

## **PUFFERFISH** Ages 7 – 12

Students will become comfortable in the water while learning beginning swim skills.

- Safely enter the water using steps
- Submerge mouth, nose, and eyes
- Blow bubbles
- Hold breath
- Open eyes under water
- Retrieve submerged objects
- Front glide and recover to standing position
- Arm treading actions

## **Water Discovery**

### **Ages 10 months – 2 years old** **(Adult must be in the water with child)**

Children and their adults will explore body positions, holding and support techniques, face-in-the-water games, all while laying the foundation for learning swimming skills.

## **SEAHORSE** Ages 4 – 7

## **JELLYFISH** Ages 8 – 12

Children will learn basic swimming skills.

- Fully submerge head and hold breath
- Bobbing across width of pool (4ft)
- Front and back glide and recover to standing position
- Roll from front to back and back to front
- Assisted back float 15 seconds
- Tread water 15 seconds
- Jump from side of pool
- Combined arm/leg actions on front and back

## **STINGRAY**

Stroke development and additional guided practice helping swimmers improve their skills.

- Jump into deep water, return to surface then side of pool
- Diving from side of pool in seated or kneeling position
- Push off in streamlined position with kicks
- Elementary freestyle 15 yards
- Beginning side breathing
- Survival float 30 seconds
- Back float 1 minute
- Tread water 1 minute
- Introduction to different stroke kicks

## **SHARK**

Kids will improve their strokes, and gain additional advanced swim skills

- Stroke technique
- Freestyle
- Backstroke
- Breaststroke
- Butterfly
- Shallow-angle dive into deep water
- Tread water 5 min
- Front flip turn
- Backstroke flip turn
- Endurance and conditioning