

Level Progression Chart

Swim For Life: Preschool 1

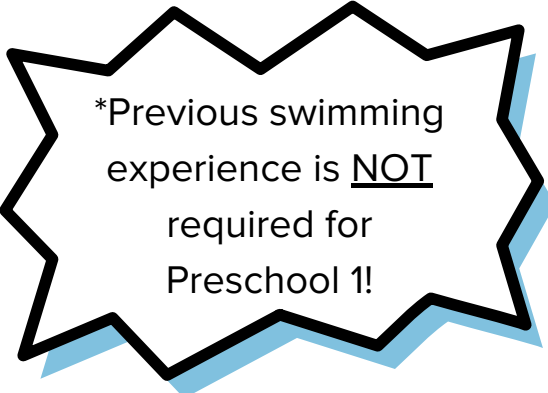
It's important to note that Swim For Life swimming lessons are progression-based. Participants **MUST** successfully complete each level before advancing to the next. Due to the challenging nature of the Swim For Life program, it's **VERY** common for participants to repeat each level 2-4 times before moving forward.

Parent and Tot

If your child is between 4 and 36 months old, please register them in a Parent and Tot level that aligns with their age.

Parent and Tot swimming lessons help young children get comfortable in the water with a parent/caregiver they already know and trust. This assists in building a solid foundation in the water for future independent swimming!

Starting swimming lessons early helps children build confidence for the transition to independent lessons which take place without parental participation.



*Previous swimming experience is NOT required for Preschool 1!

Preschool 1

Preschool 1 is for beginners who may or may not have completed previous swimming lessons. Participants will be assisted by a Swim Instructor with basic skills like entering and exiting the water, jumping into chest-deep water, and blowing bubbles. They'll also practice floats, glides, and moving safely in shallow water with a lifejacket.

*An Adult can accompany their participant in the water to help build confidence in Preschool 1. However, due to limited pool space, we encourage parents to only enter the water to assist with your child when absolutely necessary.

Preschool 1 Level "Prerequisites":

- 3-5 years of age
- Interested in learning to swim
- Able to participate independently in a group setting
- ANY [Swim For Life](#) Parent and Tot Level (Complete OR Incomplete)

Level Progression Chart

Swim For Life: Preschool 2 & 3

It's important to note that Swim For Life swimming lessons are progression-based. Participants **MUST** successfully complete each level before advancing to the next. Due to the challenging nature of the Swim For Life program, it's **VERY** common for participants to repeat each level 2-4 times before moving forward.

Preschool 2

Preschool 2 is for participants who have already mastered the skills from Preschool 1. In this level, participants will work on becoming more independent with some assistance from the Swim Instructor with skills like submerging while exhaling underwater, floating or gliding on their front and back and retrieving sunken objects from shallow water. Participants will also be introduced to lateral rolls and flutter kicking on their back.

Preschool 2 Level Prerequisites:

- [Swim For Life Preschool 1](#) (Complete)

Skill Prerequisites - participants must possess the following independent skills prior to registration:

- Comfortable submerging their face and blowing bubbles.
- Comfortable floating on their front and back for 5 seconds (assisted).
- Comfortable swimming on their front and back for 3m (assisted).
- Comfortable jumping into chest-deep water (assisted).

Preschool 3

Preschool 3 is for participants who have already mastered the skills from Preschool 1 & 2. In this level, participants will kick and glide on their front and back with little to no assistance from the Swim Instructor. They will practice retrieving objects from waist-deep water and focus on mastering floats, rollovers, glides, and kicks. Participants will also begin practicing side entries and jumping into deeper water with a lifejacket.

Preschool 3 Level Prerequisites:

- [Swim For Life Preschool 2](#) (Complete)

Skill Prerequisites - participants must possess the following independent skills prior to registration:

- Submerge head and body and blow bubbles underwater.
- Float on their front and back for 5 seconds.
- Jump into chest-deep water.
- Glide w/kicking legs on their front and back for 3m while holding a floatation.

Level Progression Chart

Swim For Life: Preschool 4 & 5

It's important to note that Swim For Life swimming lessons are progression-based. Participants **MUST** successfully complete each level before advancing to the next. Due to the challenging nature of the Swim For Life program, it's **VERY** common for participants to repeat each level 2-4 times before moving forward.

Preschool 4

Preschool 4 is for participants who have already mastered the skills from Preschool 1, 2 & 3. In this level, participants are expected to swim confidently and independently with NO assistance from the Swim Instructor.

Participants will increase their independence by practicing sideways entries, and swimming for 5 meters. They will also work on developing their ability to tread water.

Preschool 4 Level Prerequisites:

- 4-5 years of age
- [Swim For Life](#) Preschool 3 (Complete)

Skill Prerequisites - participants must possess the following independent skills prior to registration:

- Float on their front and back for 10 seconds.
- Glide on their front, back and side for 5m.
- Perform front and back swim for 5m.
- Roll laterally from front-to-back and back-to-front

Preschool 5

Preschool 5 is for participants who have already mastered the skills from Preschool 1, 2, 3 & 4. In this level, participants are expected to swim confidently and independently with NO assistance from the Swim Instructor.

Participants will continue to practice treading water and swim 5 meters in front and back crawl. Forward roll entries into deep water while wearing a lifejacket, learning whip kick in a vertical position, and finally an introduction to interval training.

Preschool 5 Level Prerequisites:

- 4-5 years of age
- [Swim For Life](#) Preschool 4 (Complete)

Skill Prerequisites - participants must possess the following independent skills prior to registration:

- Glide w/kicking legs on front and back for 7m and glide on their side for 5m.
- Jump into deep water, return to the wall and exit the pool.
- Perform front and back crawl for 7m.