

Swimming lesson level guide



Before registering for swimming lessons, use this guide to choose the most appropriate program based on your child's age and skill level. For more information and registration visit our website at haltonhills.ca/register.



If the Swimmer...	Register in:
Is 4 months to 3 years old and ready to learn to enjoy the water with a parent.	Parent & Tot 1 / 2 / 3
Is 3 to 5 years old and ready to learn to enjoy the water. Parent participation optional.	Preschool A
Can get in and out alone, jump into chest deep water assisted, float and glide on front and back with help, blow bubbles and get face wet.	Preschool B
Can get in and out alone, jump into chest deep water wearing a PFD, submerge and exhale underwater, and float on front and back with PFD for 5 seconds.	Preschool C
Can jump into deep water, recover objects from the bottom, hold their breath underwater, float and glide on front and back unassisted.	Preschool D
Can do solo jumps into deep water and get out by themselves, swim front crawl 5m in a PFD, do flutter kick on their front, back and side.	Preschool E
Is 5 to 12 years and just starting out.	Swimmer 1
Can jump into the water with and without a PFD, open eyes and exhale underwater, float, kick and glide on front and back, swim front crawl 5m in a PFD.	Swimmer 2
Needs to repeat Swimmer 2. Swimmer 2B will focus on front crawl, back crawl, kicking, treading water and endurance.	Swimmer 2B
Can jump into deeper water, sideways entry into water wearing a PFD, support self at the surface without an aid, do whip kick in the vertical position, and swim 10m on front and back.	Swimmer 3
Can tread water 30 sec, do handstands and somersaults, swim 15m front and back crawl, and complete 10m whip kick on their back.	Swimmer 4
Can do dives, swim underwater, tread water for 1 minute, 25m of front and back crawl, whip kick on front, breaststroke arms with breathing, and interval training of 4 x 25m.	Swimmer 5
Can do shallow dives and cannonballs, stationary eggbeater kick, 50m of front and back crawl, breaststroke for 25m, sprint 25m, interval training of 4 x 50m.	Swimmer 6
Can do stride entries and compact jumps, eggbeater kick and scissor kick, sprint breaststroke over 50m, and a workout of 300m.	Swimmer 7 (Rookie)
Can complete a 350m workout, care for a victim with external bleeding and perform head and foot-first surface dives.	Swimmer 8 (Ranger)
Can swim 200m in 6 minutes, care for a victim in shock and support a 2 kg weight for 1 minute.	Swimmer 9 (Star)
Instruction for adults or teens 13-16. Develop comfort, improve swimming ability, maintain or increase stroke proficiency.	Adult 1, 2, 3 / Teen 1, 2, 3
Is an adult who has mastered the basics and wants to start swimming for regular exercise while focusing on improving technique.	Learn to Train