





















YMCA SWIM LEVEL ASSESSMENT TOOL

Ready to enroll your child in swim lessons at the Keene Family YMCA, but not sure which class to choose? Below you'll find the aquatics skills your child must be able to perform in order to participate in each level. Classes are by age group so once you've identified the appropriate category - Aquatots (6 months-3 years), Preschool (3-5 years) or Youth (6-12 years) - simply match your child's skills with those shown for each class.

Each of the skills illustrated are important to ensure your child's safety. Before enrolling your child in a swim class, be sure to review the course requirements carefully and ensure that your child is comfortable performing all of the required skills for the class you choose.

AQUATOTS Swim lessons for children ages 6 months - 3 years.

All children between the ages of six months and three years can participate in Aquatots. In this class, parents/caregivers are required to participate in the pool at all times with the child. In this class, those just beginning will develop skills in Water Discovery and progress to Water Exploration. Once they've mastered the Water Exploration skills, (and turned 3!) they're ready to move to the Preschool level.

Skills Learned in Water Discovery	Skills Learned in Water Exploration
 Blow bubbles on surface, assisted	 Blow bubbles mouth & nose submerged, assisted
 Front tow chin in water, assisted	 Front tow blow bubbles, assisted
 Water exit parent & child together	 Water exit assisted
 Water entry parent & child together	 Water entry assisted
 Back float assisted, head on shoulder	 Back float assisted, head on chest
 Roll assisted, back to front & front to back	 Roll assisted, back to front & front to back
 Front float chin in water, assisted	 Front float blow bubbles, assisted
 Back tow assisted, head on shoulder	 Back tow assisted, head on chest
 Wall grab assisted	 Monkey crawl assisted, on edge, 5 ft.

PRESCHOOL & SCHOOL-AGE SWIM LESSONS

The skills illustrated on this page represent those required to participate in each level. Select the level that matches your child's skill-level, and enroll them in that level in either the Preschool (for ages 3-5) or School-Age (for ages 6-12) category. **IMPORTANT:** For your child's safety, and to ensure the best class experience, your child must demonstrate mastery of ALL of the skills illustrated in order to participate in each level.

WATER ACCLIMATION

The journey starts here! All children over the age of three start in this class. This is where we lay the foundation and prepare for more advanced lessons.

SKILLS REQUIRED: WATER MOVEMENT



Submerge bob independently



Front glide assisted, to wall, 5 ft.



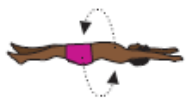
Water exit independently



Jump, push, turn, grab assisted



Back float assisted, 10 secs., recover independently



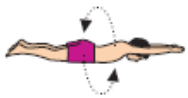
Roll assisted, back to front & front to back



Front float assisted, 10 secs., recover independently



Back glide assisted, at wall, 5 ft.



Swim, float, swim assisted, 10 ft.

SKILLS REQUIRED: WATER STAMINA



Submerge look at object on bottom



Front glide 10 ft. (5 ft. preschool)



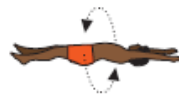
Water exit independently



Jump, push, turn, grab



Back float 20 secs. (10 secs. preschool)



Roll back to front & front to back



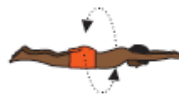
Front float 20 secs. (10 secs. preschool)



Back glide 10 ft. (5 ft. preschool)



Tread water 10 secs., near wall, & exit





























Swim, float, swim 5 yd.

SCHOOL-AGE SWIM LESSONS

The skills illustrated on this page represent those required to participate in each level. These levels are available for School-Age Children (ages 6-12 only). Select the level that matches your child's skill-level.

IMPORTANT: For your child's safety, and to ensure the best class experience, your child must demonstrate mastery of ALL of the skills illustrated in order to participate in each level.

SKILLS REQUIRED: STROKE INTRODUCTION	SKILLS REQUIRED: STROKE DEVELOPMENT	SKILLS REQUIRED: STROKE MECHANICS
 <p>Submerge retrieve object in chest-deep water</p>	 <p>Endurance any stroke or combination of strokes, 25 yd.</p>	 <p>Endurance any stroke or combination of strokes, 50 yd.</p>
 <p>Swim on front 15 yd. (10 yd. preschool)</p>	 <p>Front crawl rotary breathing, 15 yd.</p>	 <p>Front crawl bent-arm recovery, 25 yd.</p>
 <p>Water exit independently</p>	 <p>Back crawl 15 yd.</p>	 <p>Back crawl pull, 25 yd.</p>
 <p>Jump, swim, turn, swim, grab 10 yd.</p>	 <p>Dive sitting</p>	 <p>Dive kneeling</p>
 <p>Swim on back 15 yd. (10 yd. preschool)</p>	 <p>Resting stroke elementary backstroke, 15 yd.</p>	 <p>Resting stroke sidestroke, 25 yd.</p>
 <p>Roll back to front & front to back</p>	 <p>Tread water scissor & whip kick, 1 min.</p>	 <p>Tread water scissor & whip kick, 2 mins.</p>
 <p>Tread water 1 min. & exit (30 secs. preschool)</p>	 <p>Breaststroke kick, 15 yd.</p>	 <p>Breaststroke 25 yd.</p>
 <p>Swim, float, swim 25 yd. (15 yd. preschool)</p>	 <p>Butterfly kick, 15 yd.</p>	 <p>Butterfly simultaneous arm action & kick, 15 yd.</p>
 <p>Tread water 1 min. & exit (30 secs. preschool)</p>		
 <p>Swim, float, swim 25 yd. (15 yd. preschool)</p>		

When in doubt, ask! Our Aquatics staff will get you the answers you need to ensure that your child is placed in a class that is appropriate for their age and skill level.