

Passing Criteria: Preschool Classes

Child must be able to perform all skills proficiently and consistently to advance to the next level.

Tadpole: P1

- Enjoys the water
- Blows bubbles
- Face in water (no goggles)
- Head under water

- Floating Assisted
 - Back float
 - Front float

- Floating Unassisted
 - Back float (5 seconds)
 - Front float with eyes in water (3 seconds)

- Gliding on Front (unassisted 5')
- Blowing bubbles with eyes underwater

- Feet First Jumps
- Lifejacket introduction in Teach Pool or Leisure Pool

Seahorse: P2

- Kicking on Front (10')
 - With straight-legged kick
 - With tall arm strokes & kick

- Kicking on Back (10')
 - With straight-legged kick
 - Chin back and relaxed

- Performs above skills confidently in 3' water depth

- Feet First Jumps
- Lifejacket skills in 3' water

Turtle: P3

- Tall Arms on Front 15'
 - Straight kicks with feet pointed out
 - Arms reaching out of the water

- Backstroke 15'
 - Straight kicks at surface of water
 - Straight arms coming out of the water

- Roll-Overs
 - Tall arms for 4 strokes then roll onto back
 - Kick on back for 3 seconds then roll onto front

- Intro to Elementary Backstroke

- Jump feet first into 3 ft water & return to safety
- Performs above skills confidently in 4-5' water depth
- Lifejacket safety: Jumping in Huddle

Starfish: P4

- 20' skills
 - Side breathing with kickboard
 - Tall Arms w/side breathing every 4th stroke
 - Kick and wing on back 20' _____

- Backstroke with straight arms 10' _____

- Deep water skills (5-8' water depth)
 - Feet-first jump, recover, swim Tall Arms 20'
 - Float on back 10' & swim Tall Arms back to wall

- Treading water 10 seconds _____
- Underwater swimming 5 feet _____
- Bob to safety

My Child is Turning 6!

Current Level	New Level
Tadpole, Seahorse, New Turtle	Level 1
Returning Turtle, New Starfish	Level 2
Returning Starfish	Level 3
Dolphin or New Porpoise	Level 4
Returning Porpoise	Level 5

Dolphin: P5

- 35' skills
 - Side breathing with kickboard
 - Swim Tall Arms on front using side breathing
 - Elementary Backstroke kick w/ kickboard
 - Swim Tall Arms on front 20' & roll over onto back

- 10' skills
 - Breaststroke kick with kickboard
 - Dolphin Kick

- Deep Water skills
 - Confident in deep water with above skills
 - Tread water 20 seconds
 - Kneeling dive

- Backstroke with straight arms 20' _____
- Lifejacket skills: boating & cold water safety

Porpoise: P6

- 15' skills
 - Breaststroke
 - Butterfly

- 75' skills
 - Swim Crawl Stroke with side breathing
 - Backstroke
 - Elementary Backstroke

- Deep Water skills- performs skills with confidence:
 - Standing dive with underwater swim
 - Tread water for 30 seconds

- Reaching assist

Parent & Tot Lessons: 9 months - 3 Years

Parents learn basic handling techniques, drills, and games. Tots learn to be comfortable in the water, beginning swimming movements, and basic water safety.

1. Encourages Safety
 - Waits for parent's cue to enter pool
 - Supports self at edge of pool
 - Jump into water on cue
 - Responds to instructor's cues
2. Enjoys playing in the water
3. Breath control
 - Bubbles
 - Comfortable with full submersion
 - Hides face on request
4. Skills on Front
 - With parent:*
 - Relaxed glide
 - Kicks
 - Reach & pulls
 - Reach & pulls with kicks
 - Reach & pulls with kicks & bubbles
 - Independent Skills:*
 - Glide from instructor to parent
 - Independent swim to parent
5. Skills on Back
 - Relaxed back ride with parent
 - Relaxed back ride w/head support
 - Independent backfloat
6. Safety
 - Coast Guard Approved Lifejacket safety talk
 - Comfortable in lifejacket

Mountlake Terrace Recreation & Parks Department

5303 228th St. SW • Mountlake Terrace, WA 98043 • 425-776-9173 • www.mltrec.com

Passing Criteria: School Age Classes

Child must be able to perform all skills proficiently and consistently to advance to the next level.

School Age: Level 1

Water Adjustment

- Blowing bubbles
- Fully submerging underwater

Floating on Front (face in the water; 5 seconds)

- Assisted
- Unassisted

Floating on Back (5 seconds)

- Assisted
- Unassisted

Kicking on Front (10')

- Straight kicks with feet pointed out
- Tall arms reaching out of water

Kicking on Back (10')

- Straight kicks at surface of water
- Head back and relaxed

Lifeguard Safety Skills

- H.E.L.P. position in 5 feet water
- Jump into 5 feet water

School Age: Level 2

Tall Arms on Front (20')

- Straight arms reaching out of the water
- Straight kicking with legs together
- Chin tucked down

Intro to Backstroke (20')

- Straight arms rotating by the ears
- Kicking at surface of the water

Roll-Overs

- Tall arms for 4 strokes then roll onto back
- Kick on back for 3 seconds then roll onto front

Elementary Backstroke

Performs above skills confidently in 5' water depth

Safety Skills in Deep Water

- Tread water for 15 seconds
- Lifeguard safety: Jumping in Huddle

School Age: Level 3

Front Crawl (1/2 pool length)

- Side-breathing; head and shoulder rotate to side
- Bending the arm at the elbow to spear the water

Backstroke (1/2 pool length)

- Palms rotating to the outside
- Strong flutter kick

Breaststroke Kick (10')

- Gliding 1-2 seconds after kick

Deep Water Skills

- Feet-first jump, recover on back, swim Tall Arms 20'
- Underwater swimming 10'

Safety Skills

- Tread water 30 seconds
- Boating Safety with Lifejackets

School Age: Level 4

Front Crawl Stroke (3/4 pool length)

- Rhythmic side-breathing every 4th stroke

Backstroke (3/4 pool length)

- Shoulders rotating
- Palms rotating to the outside

Dolphin Kick (15')

- With streamline arms
- Head and chin scoop in the water

Breaststroke (15')

- Kick and glide
- Breathing during the breaststroke arm pull

Deep Water skills

- Sitting Dive/Kneeling Dive Standing Dive
- Underwater swim for 10'

Safety Skills

- Tread water 45 seconds
- Put lifejacket on in deep water while treading
- Reaching assists

School Age: Level 5

Front Crawl Stroke (full length of the pool)

- Rhythmic side-breathing

Backstroke (full length of the pool)

- Shoulders rotating
- Arms pulling to the hip underwater

Breaststroke (25')

- Effective kick and glide Timing and rhythm

Butterfly (25')

- Straight arms coming out of the water

Deep Water Skills

- Tread Water 1 minute
- Standing dive w/underwater swim 15'

Safety Skills

- Throwing Assists

Endurance

- Swim 100 yards in under 5 minutes
- Forward Somersault
- Open Turns (Front Crawl/Backstroke)

School Age: Level 6

Swim 2 technically correct lengths (50 yds.) of the following:

- Crawl stroke with flip turns
- Backstroke with flip turns
- Breaststroke with open turns
- Elementary Backstroke

Swim 1 technically correct length (25 yds.):

- Butterfly with open turns

Flip Turns

- Front Crawl
- Backstroke

Endurance

- Swim 300 continuous yards using any of the four strokes

Water Skills

- Tread water for 2 minutes
- Put on lifejacket tossed as a lifesaving measure
- Reach, Throw, Row
- Safety Clothes
- Understands distance terminology

