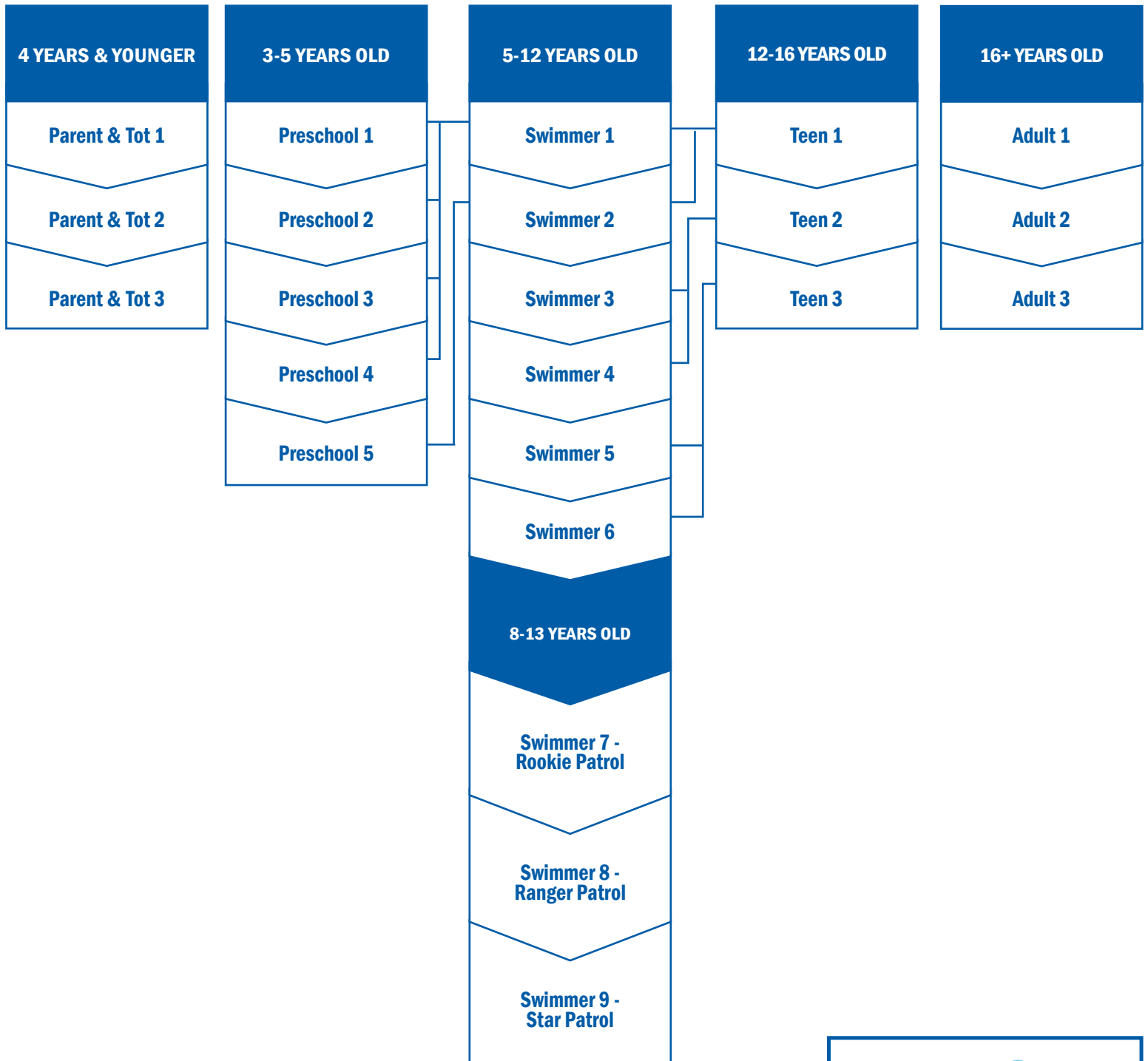


# Swimming Lesson Placement



# Swimming Lesson Placement

Please reference the below chart to determine which swimming lesson level your child should be registered in.

AGE	IF YOU/YOUR CHILD...	REGISTER IN
<b>3 MONTHS - 4 YEARS</b>	Is ready to explore the water with a parent while learning fun games and songs	<b>PARENT AND TOT</b>
	Is just starting out and ready to learn to enjoy the water without a parent	<b>PRESCHOOL 1</b>
<b>3 - 5 YEARS</b>	Can submerge face and blow bubbles. Float and glide on their front and back (assisted)	<b>PRESCHOOL 2</b>
	Jump into chest-deep water and submerge, perform front and back floats, glides, and kicking with an aid	<b>PRESCHOOL 3</b>
	Jump into deep water wearing a PFD, hold breath underwater, and perform front and back floats, glides, and kicking (unassisted)	<b>PRESCHOOL 4</b>
	Jump into deep water, tread water for 10s wearing a PFD, perform front, back and side flutter kick, and swim front crawl wearing a PFD	<b>PRESCHOOL 5</b>
	Is new to swimming lessons this level will teach them the fundamentals of swimming	<b>SWIMMER 1</b>
<b>5 - 12 YEARS</b>	Can submerge, perform front and back floats, glides and kicking as well as swim front crawl for 5m in a PFD	<b>SWIMMER 2</b>
	Can tread water for 15s, perform front, back and side flutter kick, whip kick in the vertical position, swim front and back crawl for 10m each, and swim 4 x 5m flutter kick interval training	<b>SWIMMER 3</b>
	Can tread water for 30s, perform front, back, and side flutter kick, whip kick on back, swim front and back crawl for 15m and swim 4 x 15m flutter kick interval training	<b>SWIMMER 4</b>
	Complete the Canadian Swim to Survive standard (roll into deep water, tread 1 min, swim 50m), whip kick on front, breaststroke arms, front and back crawl for 25m and swim 4 x 25m front or back crawl interval training	<b>SWIMMER 5</b>
	Can perform eggbeater kick, front and back crawl for 50m, breaststroke for 25m of and two interval training workouts: 4 x 50m front or back crawl; and 4 x 15m breaststroke.	<b>SWIMMER 6</b>
	Can perform a head-up swim for 25m, breaststroke for 50m, front crawl and back crawl for 100m, breaststroke for 50m and a 300m workout	<b>SWIMMER 7 (ROOKIE PATROL)</b>
<b>8 - 13 YEARS</b>	Can perform a 350m workout, 100m timed swim, front crawl, back crawl and breaststroke for 50m, as well as Lifesaving sport and first aid skills	<b>SWIMMER 8 (RANGER PATROL)</b>
	Can swim front crawl, back crawl, and breaststroke for 75m and can perform Lifesaving sport and first aid skills	<b>SWIMMER 9 (STAR PATROL)</b>

## STILL NOT SURE?

Richmond Hill offers free assessments. If you did not participate in swimming lessons in the previous session, we recommend your child attend an assessment or that you register your child in the level they previously took, regardless of whether they passed. Register for Swim Level Assessments at [RichmondHill.ca/ActiveRH](http://RichmondHill.ca/ActiveRH).