

Swim Lessons FAQ:

1) Registration for swim lessons looks different. What are the changes?

The Y of the USA's Swim Lesson Program breaks up participants into three main groups, which are then broken down into the eight levels that we use for programming our lessons. These groups are:

- Parent Child (Level A & B) - introduces participants to the water. Through games and fun activities, the groundwork for later swim skills is built. Ages 6 months – 3 years.
- Swim Basics (Levels 1, 2, and 3) - teaches the basics of swimming. The main goal of these levels is to develop competence and confidence to encourage swim safety. Ages 3-15.
- Swim Strokes (Levels 4, 5 and 6) - builds upon previous levels to introduce, then perfect, swim strokes and more advanced skills. Ages 3-15.
- Adult – teaches skills taught in Levels 1-6, taught in a manner conducive to adults' learning. Open to all levels, beginner through intermediate. Ages 13 and older.

Based on this, we have transitioned to registering for youth lessons (ages 3-15) based on swim ability rather than age. This will give us an initial basis on how classes should be divided, and from there we can then break participants into groups that will also have similar developmental milestones.

2) There are some overlaps with the age ranges. What do I sign my child up for if they are in the overlap?

If the participant is 3, the guardian may choose to enroll them in either Parent Child or Swim Basics/Strokes, depending on their comfort level. Likewise, participants aged 13-15 may choose if they would be more comfortable in our youth swim lesson program, or if they would prefer to participate in the adult lessons.

3) How do I know if my child is in Swim Basics or Swim Strokes?

A child who is ready for Swim Strokes should be able to pass our facility's "Yellow" Swim Test. If they have not passed this test and do not have the required swim ability, please register them for Swim Basics. If the participant HAS passed the "Yellow" Swim Test, or has the swim ability to be able to pass the "Yellow" Swim Test, please register them for Swim Strokes. If you are not sure if your child has the ability to pass the "Yellow" Swim Test, please register them for Swim Basics. If they are registered for the incorrect group, we will do our best to move them to the proper group; however, please note spaces are limited and that may not be an option.

4) What are the requirements for the yellow swim test?

The test requirements are: a feet-first entry into the nine-foot section of our pool, tread water for 10 seconds in a calm and confident manner, then swim approximately 13 yards to the middle ladder of our pool. All these must be done in sequence, without grabbing the wall or using any outside aid.