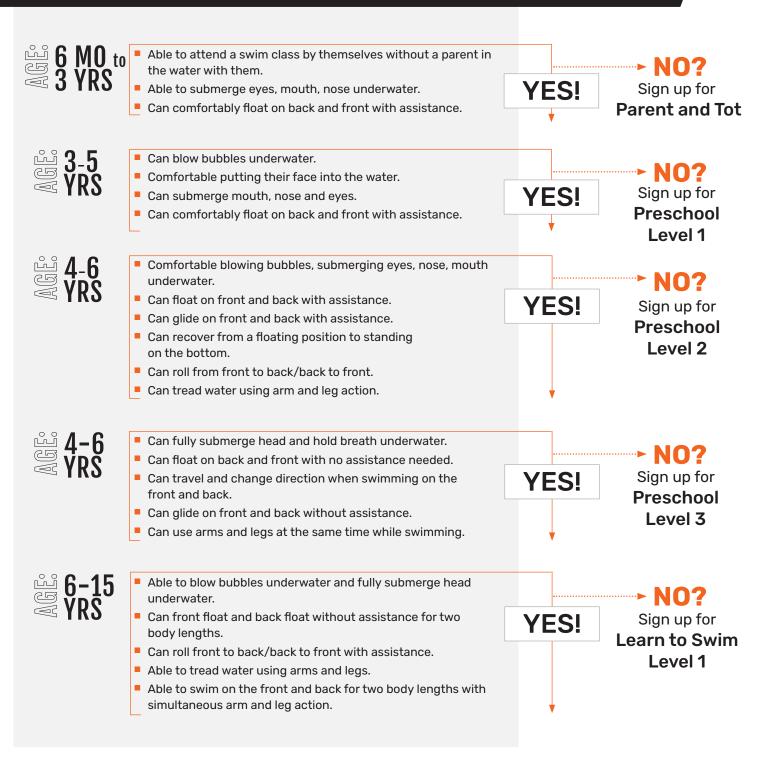
HOW TO DETERMINE YOUR STUDENT'S SWIM LEVEL

IF YOUR STUDENT IS NEW TO SWIM LESSONS, USE THIS CHART TO DETERMINE WHERE TO BEGIN. PLEASE NOTE, YOU CAN ALSO SIGN UP FOR **PRIVATE LESSONS** AT ANY LEVEL.











- Able to submerge head and hold breath for 10 seconds.
- Can perform rotary breathing five times.
- Can glide on front and back without assistance.
- Can float on the back and front for 15 seconds without assistance.
- Can roll back to front/front to back without assistance.
- Can swim on front and back with combined arm and leg action without assistance.

YES! Sign up for Learn to Swim Level 2



- Able to rotary breath 15 times while swimming on the front using simultaneous arm and leg action.
- Survival float on front in deep water for 30 seconds.
- Back float in deep water for 30 seconds.
- Able to go from a vertical to horizontal position in deep water and vice versa.
- Able to tread water for one minute in deep water.
- Able to swim elementary backstroke and perform scissors kick for 15 yards.
- Able to swim front crawl with a streamline.
- Able to perform breaststroke kick.

YES! Sign up for Learn to Swim Level 3



- Able to swim front crawl for 25 yards, backstroke and butterfly for 15 yards.
- Able to swim elementary backstroke and back crawl for 25 yards.
- Able to perform sidestroke.
- Can perform a dolphin kick and breaststroke kick.
- Able to survival float for one minute in deep water.
- Can do a feet first surface dive.
- Can perform a front crawl and back crawl open turn.

YES! Sign up for

Learn to Swim
Level 4



- Can perform:
 - >> 50 yards of Elementary backstroke
 - >> 15 yards of back crawl
 - >> 25 yards of sidestroke
 - >> 50 yards of front crawl
 - >> 25 yards of butterfly
 - >> 25 yards of breaststroke.
- Can tread in deep water for five minutes.
- Can do a flip turn on front and back.
- Can do tuck and pike surface dive.

YES!

Sign up for **Learn to Swim Level 5**

Consider a **Private Lesson** which can be done at any level

For questions or for more information, please call (405)744-2468 or email aquatics@okstate.edu



