# 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.

### Age: 6 mo to 3 yrs
- Able to attend a swim class by themselves without a parent in the water with them.
- Able to submerge eyes, mouth, nose underwater.
- Can comfortably float on back and front with assistance.

**YES!** Sign up for Parent and Tot

**NO?**

### Age: 3-5 yrs
- Can blow bubbles underwater.
- Comfortable putting their face into the water.
- Can submerge mouth, nose and eyes.
- Can comfortably float on back and front with assistance.

**YES!**

**NO?** Sign up for Preschool Level 1

### Age: 4-6 yrs
- Comfortable blowing bubbles, submerging eyes, nose, mouth underwater.
- Can float on front and back with assistance.
- Can glide on front and back with assistance.
- Can recover from a floating position to standing on the bottom.
- Can roll from front to back/back to front.
- Can tread water using arm and leg action.

**YES!**

**NO?** Sign up for Preschool Level 2

### Age: 4-6 yrs
- Can fully submerge head and hold breath underwater.
- Can float on back and front with no assistance needed.
- Can travel and change direction when swimming on the front and back.
- Can glide on front and back without assistance.
- Can use arms and legs at the same time while swimming.

**YES!**

**NO?** Sign up for Preschool Level 3

### Age: 6-15 yrs
- Able to blow bubbles underwater and fully submerge head underwater.
- Can front float and back float without assistance for two body lengths.
- Can roll front to back/back to front with assistance.
- Able to tread water using arms and legs.
- Able to swim on the front and back for two body lengths with simultaneous arm and leg action.

**YES!**

**NO?** Sign up for Learn to Swim Level 1
For questions or for more information, please call (405)744-2468 or email aquatics@okstate.edu