What is your student’s level?
Use this chart if your student is new to swim lessons.

My child is 6 months to 3 years. They are able to attend a swim class by themselves without a parent in the water with them. They are able to submerge eyes, mouth, nose underwater. Can comfortably float on back and front with assistance.

My child is 3-5 years old. Can blow bubbles underwater and is comfortable putting their face into the water. Can submerge mouth, nose and eyes. Can comfortably float on back and front with assistance.

My child is 4 -6 years old. Comfortable blowing bubbles, submerging eyes, nose, month 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 and back to front. Can tread water using arm and leg action.

My child is 4-6 years old. They can fully submerge head and hold breath underwater. They can float on back and front with no assistance needed. They can travel and change direction when swimming on the front and back. They can glide on front and back without assistance. They can use arms and legs at the same time while swimming.

My child is 6-15 years old. They are able to blow bubbles underwater and fully submerge head underwater. They can front float and back float without assistance for 2 body lengths. They can roll front to back and back to front with assistance. They are able to tread water using arms and legs. They are able to swim on the front and back for 2 body lengths with simultaneous arm and leg action.
My child is 7-15 years old. They are able to submerge head and hold breath for 10 seconds. They can perform rotary breathing 5 times. They can glide on front and back without assistance. They can float on the back and front for 15 seconds without assistance. They can roll back to front and front to back without assistance. They can swim on front and back with combined arm and leg action without assistance.

My child is 7 years-15 years old. 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 1 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.

My child is 7 years-15 years old. They are able to swim front crawl for 25 yards, backstroke and butterfly for 15 yards. They are able to swim elementary backstroke and back crawl for 25 yards. They are able to perform sidestroke. They can perform a dolphin kick and breaststroke kick. They are able to survival float for 1 minute in deep water. They can do a feet first surface dive. They can perform a front crawl and back crawl open turn.

My child is 7 years-15 years old. They 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, and 25 yards of breaststroke. They can tread in deep water for 5 minutes. They can do a flip turn on front and back. They can do tuck and pike surface dive.

For questions or for more information, please call (405)744-5510 or email aquatics@okstate.edu