

Swim Assessment Aid

Under 3 years of age = Splashers or Bubblers with Parent

6 to 18 months = Splashers

18 to 36 months = Bubblers

Ages 3–5 = Bobbers to Dippers

Can your child swim in deep water?

No = Bobbers, Floaters or Gliders

Can your child float without assistance?

- No = Bobbers Yes = Floaters or Gliders

Yes = Plongeurs, Surfeurs, Trempeurs

Can your child swim one length of the pool on their front?

- No = Divers Yes = Surfers or Dippers

Ages 6–15 = Learn to Swim or Star

Can your child swim in deep water?

No = Otter or Seal

Can your child glide (push off wall or bottom of pool) without assistance?

- No = Otter Yes = Seal

Yes = Dolphin or above

Can your child swim 3 lengths of the pool?

- No = Dolphin or Swimmer Yes = Star 1 or above

Does your child know how to swim breaststroke?

- No = Star 1 or Star 2 Yes = Star 3, Star 4, Star 5, or Star 6

Can your child swim 8 lengths of the pool?

- No = Star 3 Yes = Star 4, Star 5, or Star 6

Can your child swim eggbeater forwards and backwards?

- No = Star 4 Yes = Star 5, or Star 6

Age 16+ = Levels 1, 2, 3

Level 1 = Introduction to Swimming

- Become comfortable in the water and deep water.
- Introduction to the crawl, back crawl, and surface support.
- Work towards swimming a minimum of 25 metres and being able to surface support for 30 seconds.

Level 2 = Improvement of Swim Strokes and Water Skills

- Develop front and back crawl to an intermediate level.
- Introduction to breaststroke and backstroke.
- Continue to develop your endurance by swimming a minimum of 75 metres and surface support for 1 minute.
- Diving and turns will also be taught in this level.

Level 3 = Improvement of Swim Skills and Techniques

- The crawl and back crawl will be perfected to an advanced level.
- The breaststroke and elementary backstroke will be improved to an intermediate level.
- The butterfly will be introduced at this level.
- Endurance will be improved to a continuous 150 metres.

Please note: This is just an aid to help you evaluate the approximate swim level of your child. It is always advisable to consult with a YMCA swim instructor to determine the appropriate level. The YMCA reserves the right to evaluate your child's swimming abilities during their first lesson and adjust their level accordingly.