

Swim Lessons Cheat Sheet

Parent/Child 1: 6 months-18 months, parent MUST be in the water with them at all times.

Parent/Child 2: 18 months-3 years, parent MUST be in the water with them at all times.

Yellow 1: 3-4 year olds, never taken Swim Lessons before, potty trained, & can follow simple directions (sit, listen, stay on the wall).

Yellow 2: 4-5 year olds (4 yrs olds that have taken 1 level of swim lessons before, Parent/Child class does not count), potty trained, & can follow simple directions (sit, listen, stay on the wall).

Child MUST be able to do all of the following skills in order to move to the next level. If they cannot complete all of the checklist skills for that level, put them in that level. Every skill is unassisted, unless it states assisted.

Blue 1 (minimum age of 5)	Blue 2	Green 1	Green 2	Orange 1	Orange 2 (Pre-Lifeguard)
<p>Objective: Being comfortable in & under the water.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Comfortable putting entire head under water for 3 seconds <input type="checkbox"/> Relaxes for Front & Back Floats assisted <input type="checkbox"/> Using any method, swim 5 feet 	<p>Objective: Movement in the water</p> <ul style="list-style-type: none"> <input type="checkbox"/> Jump Into Water Above Head (not deep end) <input type="checkbox"/> Swim Front Crawl, with face in the water, for 5 yards <input type="checkbox"/> Swim Back Crawl for 5 yards. <input type="checkbox"/> Back Float for 10 seconds <input type="checkbox"/> Front Float for 5 seconds 	<p>Objective: Learning to breath properly while swimming</p> <ul style="list-style-type: none"> <input type="checkbox"/> Side-to-Side Breathing with Front Crawl <input type="checkbox"/> Comfortable swimming in the Deep End <input type="checkbox"/> Swim Elementary Backstroke for 5 yards <input type="checkbox"/> Front & Back Glides off the wall for 5 seconds 	<p>Objective: Skills in deep water</p> <ul style="list-style-type: none"> <input type="checkbox"/> Dive off the Pool Deck <input type="checkbox"/> Swim Breaststroke (10 yards) <input type="checkbox"/> Glides into Strokes 	<p>Objective: Swimming all of the strokes.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Use the Diving Board <input type="checkbox"/> Swim Sidestroke (25 yards) <input type="checkbox"/> Pass Orange Band Test 	<p>Objective: All aspects of Water Safety</p> <ul style="list-style-type: none"> <input type="checkbox"/> Swim 150 yards continuously <input type="checkbox"/> Retrieve Objects 7-10 feet deep <input type="checkbox"/> Tread Water for 10 minutes with additional clothing on

*Rosedale Rapids swim lessons programs and are not affiliated with any other programs and/or organizations. Measures and activities contained in Rosedale Rapids Swim Lessons are a combination of: common held and time proven swimming practices, widely recognized safety measures and safety lessons, and teaching methods that have been reviewed and deemed effective.