SWIM LESSON SELECTION GUIDE Mount Rainier Pool

SWIM EVALUATIONS

Swim evaluations (formerly swim tests) are required for all new students regardless of participation at other programs. This ensures people are placed into the right levels and assures the maximum number of people can participate in swim lessons. Please contact us at 206.824.4722 to schedule a swim evaluation.

WHICH SWIM LESSONS WOULD BE APPROPRIATE FOR MY CHILD?

6 months - 3 years	**3 - 6 years**	**7 - 14 years**
Parent & Child	PreSchool Level 1-3	Level 1-6

WHICH LEVEL SHOULD I ENROLL MY CHILD?

Children Ages 6 Months to 3 Years (Parent and Child):

All children these ages will be for this class.	Parent & Child 1
Must have attended six (6) of eight (8) classes from Parent & Child Level 1)	Parent & Child 2

Children Ages 3 to 6 Years (PreSchool Level 1 to 3):

Can the child put their face in the water and blow bubbles?	Not Yet?	PreSchool Level 1
Can the child float on their back for 15-seconds and recover to their front?	Not Yet?	PreSchool Level 2
Can the child swim independently to the instructor and turn over onto their back?	Not Yet?	PreSchool Level 3
Can your child swim 15 yards rolling from front to back without assistance?	Not Yet?	PreSchool Level 3+

Children Ages 7 to 14 Years (Level 1 to 6):

Can the student enter and exit the water and swim 5 yards independently with their face in the water?	Not Yet?	Level 1
Can the student swim using combined arm and leg motion and recover to a back float independently?	Not Yet?	Level 2
Can the student swim 15 yards on their front and back with side breathing?	Not Yet?	Level 3
Can the student swim 25 yards front and back crawl and 15 yards breaststroke?	Not Yet?	Level 4
Can the student use a dive entry and swim 25 yards front crawl, back crawl, breaststroke, and butterfly?	Not Yet?	Level 5
Can the student swim all four competitive strokes effectively?	Not Yet?	Level 6

Ages 15+:

All adults 15 and older are placed into Adult Lessons	Adult Lessons

PROMOTION TO NEXT LEVEL

Promotion to next level is based on attendance and ability to pass skills. An update will be given the lesson before registration opens for the next session. If you need clarification, please discuss this with the lead swim instructor onsite.

CONTACT

If you have any questions or concerns, please contact our front desk at FrontDesk@MtRainierPool.com or by phone at 206.824.4277.