



Level Placement Guide



Listed below is guide to help parents know which level to start a child in for our Recreation and Parks Department swimming program. For any other questions, please feel free to call us at (865) 425-3450.

Introduction to Water, Level 1

For the child who has desire to learn and can separate from parent

Fundamental Aquatic Skills, Level 2

For the child who will submerge mouth, nose, and eyes

Blow bubbles through mouth and nose

Comfortable maintaining front / back float and recover to standing position

Swim on front & back; explores arm & leg action for at least five feet w/support

Stroke Development, Level 3

For the child who will submerge head in rhythmic pattern (bobs)

Open eyes underwater, pick up submerged object

Comfortable floating face-down

Push off from edge on front and back with glide

Roll over from front to back and back to front

Combine arm/leg action, using any combination of alternating and simultaneous action on front & back.

Stroke Improvement, Level 4

For the child who will jump into deep water, head first entry, sitting or kneeling position

Submerge and retrieve object, bobs with head fully submerged

Rotary breathing with the body in a horizontal position

Swim front / back crawl 25 yards and comfortable in the deep water