

Red Cross Learn-to Swim Program, Public Open + Lap Swimming, Women-only Swim & More!

Placement Guide

Use this guide to help you correctly place your student in our program. Please note, other factors such as age and development may play a role in final placement. A Crestwood Swimming Program Instructor will have final say on placement. **These are guidelines and do not list all requirements/skills taught in the class**

Preschool I

This introductory course teaches students 3-5 years old to be comfortable in the water. Students who have not been introduced to the water or those who are not comfortable in the water should be placed in this class.

Students are introduced to floats, jumps, noodles, and more. These students also wear a "bubble" which teaches students to gain confidence and balance in the water.

Preschool II

This class is an extension of Preschool I.

The focus of this class continues to provide the student further support in gaining greater independence in the water. Students who are not comfortable in the water and/or do not respond well to instructors are not permitted to enroll into this class.

Advanced Preschool

Students in the Advanced Preschool should be independent swimmers (with their bubble). These students must be able to complete all skills taught in Preschool I and Preschool II. Toward the end of this class, students will begin to transition from a "bubble" to a noodle.

Pre-Beginner (Level 1)

This is our first course offered where students do not use a "bubble float" to support them. Students should be able to hold on to the side with two hands without assistance. Students in this course work toward becoming independent swimmers. This class focuses on back floats, front floats, torpedo glides, bobs, swimming on a noodle, jumps, and an intro to freestyle.

Beginner I (Level 2)

Students in this class should be fully comfortable in the water and be able to demonstrate mastery in all areas listed in "Pre-Beginner." Students in this course learn freestyle technique and continue to work on independence in the water. Backstroke is introduced.

Beginner II (Level 3)

Students in this class should already have a good grasp swimming freestyle independently and the fundamentals of backstroke. Students learn rotary breathing, dolphin kick, and further improve their backstroke technique.

Advanced Beginner (Level 3)

Students in this class must be able to swim freestyle and backstroke 25ft. All students must be independent swimmers. Students learn elementary backstroke and the scissor kick. A great amount of focus is put on endurance and technique.

Intermediate I (Level 4)

Focus in this class is put on endurance and preparing students for swimming 25yard laps. Students must be able to complete all skills taught in Advanced Beginner. Students are independent swimmers of freestyle, backstroke and elementary backstroke. Sidestroke is taught.

Intermediate II (Level 4)

Students in this class must be able to swim a full 25 yards of freestyle, backstroke, elementary backstroke, and sidestroke. Breaststroke, diving, and treading are introduced in this class. Students who do not have the stamina to benefit from this class may be asked to participate in the Intermediate I class until ready.

Swimmer (Level 5)

Students in this class must be able to swim multiple laps of freestyle, backstroke, elementary backstroke, sidestroke and breaststroke. Students continue to work on technique while focusing on diving and flip turns as well.

We thank you
for your
continued
support!

Advanced Swimmer (Level 5)

Students must have all skills mastered that are taught in our Swimmer class. This class incorporates all remaining skills needed to become an expert swimmer. Students are taught Butterfly, and fitness swimmer stroke technique/endurance. Students remain in this class until they feel that have mastered all swimming skills.