

Pre-School Levels

The New Ipswich Town Pool is restructuring our Pre-School Swimming Levels. We have previously run these levels by age but our instructors have found that swimmers entering level one do not have the skills necessary to be successful in Level 1 Learn to Swim.

Beginning this year we are using guidelines set forth by the Red Cross to better prepare swimmers for the Red Cross Swim Levels 1-6. The purpose of these preschool levels are to familiarize children with water, the safety measures in and around water and develop rudimentary aquatic skills. There will be a transition period this summer where instructors, swimmers and parents will adjust to the above changes. We appreciate your patience!

To help switch over to this new system, we have renamed the levels; Starfish, Stingray, and Shark. Below are the basic requirements for each level. If you have any additional questions please let an instructor know!

Starfish	Stingray	Shark
All actions with support	All actions with assistance	Actions completed independently unless otherwise noted
Pre-requisite		
Age 3 and up	Complete requirements of previous level, age 3 and up	Complete requirements of previous levels, age 3 and up
Water Adjustment, Entry and Exit		
<ul style="list-style-type: none"> Enter water using ramp, steps or side Enter shallow end by jumping from side Exit water using ladder, steps or side 	<ul style="list-style-type: none"> Enter by stepping in from deck or low height into shoulder-deep water Enter shallow end by jumping in w/o assistance Exit using ladder, steps or side from chest-deep water 	<ul style="list-style-type: none"> Enter by jumping in to shoulder-deep water submerging face Enter deep end w/assistance
Breath Control and Submerging		
<ul style="list-style-type: none"> Blow bubbles, 3 seconds Submerge mouth, nose and eyes Retrieve submerged objects in shallow water 	<ul style="list-style-type: none"> Mock bobbing, 5 times Submerge head to retrieve submerged objects in chest-deep water 	<ul style="list-style-type: none"> Fully submerge and hold breath, 5 seconds Mock bobbing, 5 times, in chest-deep water Rotary breathing
Buoyancy on Front		
<ul style="list-style-type: none"> Front float w/o face submerged Recover from a front float to a vertical position 	<ul style="list-style-type: none"> Front float, face down, 3 seconds Recover from a front float to a vertical position 	<ul style="list-style-type: none"> Front float, 5 seconds Front glide, 2 body lengths w/assistance Recover from a front float or glide to a vertical position
Buoyancy on Back		
<ul style="list-style-type: none"> Back float, 3 seconds Recover from a back float or glide to a vertical position 	<ul style="list-style-type: none"> Back float, 5 seconds Recover from a back float or glide to a vertical position 	<ul style="list-style-type: none"> Back glide, 2 body lengths w/assistance Back float, 5 seconds Recover from a back float or glide to a vertical position

Changing Direction and Position and Treading		
<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front • Arm and hand treading actions 	<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front • Tread water using arm and leg actions, in chest deep water 	<ul style="list-style-type: none"> • Change direction of travel while swimming on front or back • Tread water, 15 seconds in shoulder-deep water w/assistance
Swim on Front		
<i>All—2 body lengths</i> <ul style="list-style-type: none"> • Alternating leg action • Simultaneous leg action • Alternating arm action • Simultaneous arm action • Combined arm and leg actions 	<ul style="list-style-type: none"> • Combined arm and leg actions on front, 3 body lengths 	<ul style="list-style-type: none"> • Combined arm and leg actions on front, 2 body lengths
Swim on Back		
<i>All—2 body lengths</i> <ul style="list-style-type: none"> • Alternating leg action • Simultaneous leg action • Alternating arm action • Simultaneous arm action • Combined arm and leg actions 	<ul style="list-style-type: none"> • Finning arm action, 3 body lengths • Combined arm and leg actions on back, 3 body lengths 	<ul style="list-style-type: none"> • Finning arm action, 2 body lengths • Combined arm and leg actions on back, 2 body lengths
Water Safety		
<ul style="list-style-type: none"> • Staying safe around water • Recognizing the lifeguards • Don't Just Pack It, Wear Your Jacket • Recognizing an emergency • How to call for help • Too Much Sun Is No Fun 	<ul style="list-style-type: none"> • Staying safe around water • Recognizing the lifeguards • Don't Just Pack It, Wear Your Jacket • Recognizing an emergency • How to call for help • Too Much Sun Is No Fun 	<ul style="list-style-type: none"> • The danger of drains • Don't Just Pack It, Wear Your Jacket • Recognizing an emergency • How to call for help • Too Much Sun Is No Fun • Look Before You Leap • Think So You Don't Sink • Reach or Throw, Don't Go
Exit Skills Assessment		
<ul style="list-style-type: none"> • Enter independently, using either the ramp, steps or side, travel at least 3 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the edge or "swim.") • Use combined arm and leg action on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position. • Enter water by jumping into the shallow end 	<ul style="list-style-type: none"> • Float on front for 5 seconds, face submerged, roll to back, float on back for 10 seconds, then recover to a vertical position. • Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 10 seconds, roll to front, then continue swimming on front for at least 3 body lengths • Enter the water by jumping into chest deep water, submerging face, float on back for 10 seconds, and recover to a vertical position. 	<ul style="list-style-type: none"> • Jump into chest-deep water, push off the bottom, move a floating position for 5 seconds, swim on front and/or back for 2 body lengths, then exit the water. • Push off and swim using combined arm and leg actions on front for 2 body lengths, roll to back, float for 10 seconds, roll to front, continue swimming for 2 body lengths. • Enter water by jumping in the deep end, navigate to the side of the pool.

