



## Virginia Swims VSAG Swimming Guidelines

Town of Herndon Parks and Recreation Department Aquatics Division

Children should be able to perform all prerequisite skills for a class easily and comfortably.

Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class. Free swim evaluations are available if you are unsure of which class is appropriate for your child. Please contact the Aquatics Services Manager at 703-435-6800 x2128 to schedule an evaluation at no charge.

### Swimming class and prerequisite skills:

**Preschooler 1** No experience necessary but must be able to:

- Separate from parent
- Follow directions in a group setting

**Preschooler 2** Successful completion of Preschooler 1 or ability to:

- Put face in the water 2 times
- Blow bubbles for 3 seconds
- Assisted front glide w/ kick 2 yards
- Assisted back glide w/kick 2 yards
- Float on front and back with assistance 5 seconds
- Roll over front to back with assistance

**Preschooler 3** Successful completion of Preschooler 2 or ability to:

- Float on front and back independently
- Jump to instructor and return to the side
- Retrieve objects in shallow water
- Bob 5 times completely submerging with bubbles
- Swim with arm stroke and kick on front and back 5 yards

**Preschooler 4** Successful completion of Preschooler 3 or ability to:

- Jump in 12 feet and return to side without assistance
- Front crawl 10 yards with rotary breathing
- Elementary backstroke 5 yards
- Back crawl 5 yards
- Retrieve multiple objects in chest deep water
- Tread water for 5 seconds

**Preschooler 5** Successful completion of Preschooler 4 or ability to:

- Front crawl 25 yards with rotary breathing
- Elementary backstroke 15 yards
- Back crawl 10 yards
- Breaststroke 10 yards
- Swim underwater 3 yards
- Tread water for 20 seconds in deep water
- Sitting, kneeling and standing dives

**Preschooler 6** Successful completion of Preschooler 5 or ability to:

- Front crawl 25 yards with bilateral breathing
- Elementary backstroke 25 yards
- Back crawl 25 yards
- Breaststroke 15 yards
- Feet first surface dive
- Tread water for 30 seconds in deep water
- Racing dive with pull out

**Swim 1** No experience necessary but:

- Must be able to participate in group setting

**Swim 2** Successful completion of Swim 1 or the ability to:

- Face in water and blow bubbles 3 seconds
- Submerge face 2 times in a row
- Float on front and back with assistance
- Kick and paddle on front and back with support

**Swim 3** Successful completion of Swim 2 or the ability to:

- Float on front and back independently
- Roll over from front to back
- Tread water for 15 seconds
- Combined stroke front and back 5 yards

**Swim 4** Successful completion of Swim 3 or the ability to:

- Front crawl with rotary breathing 15 yards
- Elementary backstroke 15 yards
- Back crawl 15 yards
- Swim underwater and retrieve objects
- Bob to safety in chest deep water
- Tread water 15 seconds in deep water

**Swim 5** Successful completion of Swim 4 or the ability to:

- Tread water 30 seconds
- Front crawl 25 yards with rotary breathing
- Back crawl 25 yards
- Breaststroke 15 yards
- Elementary backstroke 25 yards
- Swim underwater 3 yards
- Sitting, kneeling and standing dives

**Swim 6** Successful completion of Swim 5 or the ability to:

- Tread water 1 minute
- Front crawl 50 yards with bilateral breathing
- Back crawl 50 yards
- Breaststroke 50 yards
- Elementary backstroke 50 yards
- Open turn front, back and breast
- Racing dive