



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GUIDE TO SWIM LEVEL PLACEMENT

GREATER MISSOULA FAMILY YMCA

**How old is your child?**

**6 mos–3 yrs**

Has your child mastered the following skills?

- 1. Submerge their face while blowing bubbles through the mouth and nose
- 2. Front and back floats 10 sec. with parent support

**6–18 mos\*** NO

\*Parent-child classes

- YES**
- 1. Submerge their head while blowing bubbles. Front and back floats 20 sec. with parent support
  - 2. Roll from front to back with parent support
  - 3. Flutter kick on front and back with parent support

**18–36 mos\*** NO

\*Parent-child classes

**YES**

Children ages 3+ may be ready to move to Pike or Eel levels. You may want to consider private lessons for children ages 2–3 who have completed Parent-Child and who are ready for more challenges, but not for a group session.

**3–5 yrs**

Has your child mastered the following skills?

- 1. Submerge their head while blowing bubbles
- 2. Back float for 5 sec. without support
- 3. Flutter kick and paddle 5 ft. without support

**Pike** NO

- YES**
- 1. Bob 5 times
  - 2. Back float 20 sec. without support
  - 3. Jump into the pool without assistance
  - 4. Kick and paddle 15 ft. without support

**Eel** NO

- YES**
- 1. Bob 10 times
  - 2. Back float 30 sec. and tread 30 sec. without support
  - 3. Jump into deep water and return to side without assistance
  - 4. Front crawl 25 ft. with face in the water and rhythmic breathing
  - 5. Swim on back 15 ft. without support

**Ray** NO

**YES**  
**Starfish**

**6–12 yrs**

Has your child mastered the following skills?

- 1. Submerge their head while blowing bubbles
- 2. Back float for 20 sec.
- 3. Jump in the pool unassisted and return to the side
- 4. Flutter kick and paddle 20 ft. unsupported on front and back

**Polliwog** NO

- YES**
- 1. Bob 10 times
  - 2. Back float 30 sec., tread 30 sec.
  - 3. Jump in unassisted into deep water and return to the side
  - 4. Swim on front 25 yds. with face in water and arms coming out of water
  - 5. Swim on back 25 yds. with arms extending out of water

**Guppy** NO

- YES**
- 1. Tread water 1 minute
  - 2. Front crawl 25 yds. with rotary breathing
  - 3. Back, breast, elementary, and side stroke (25 yds. each)

**Minnow** NO

- YES**
- 1. Tread water 2+ minutes
  - 2. Freestyle, back, breast stroke 50 yds.
  - 3. Butterfly 25 yds. with proper form

**Pre-comp or Fish** NO

**YES**  
**MYST (Competitive)**



Missoula YMCA Swim Team (MYST) has pre-competitive and competitive age group crews. Pick up a MYST brochure at the Welcome Center to learn more!