

THIS CLASS IS RIGHT FOR YOUR CHILD IF THEY CAN

PRESCHOOL LEVEL (AGES 3-5):

1

- Work in the water with an instructor independent of parent/guardian

2

- Put eyes underwater
- Blow bubbles
- Lie comfortably on their front and back with assistance

3

- Float and glide on front with minimal assistance
- Completely submerge underwater
- Kick and scoop with support

4

- Float on front independently
- Make independent forward progress on front
- Lie comfortably on their back with minimal assistance

5

- Float on front and back independently
- Make independent forward progress in deeper water
- Swim a length of the pool with minimal assistance

LEARN TO SWIM LEVEL (AGES 6-14):

1

- Work comfortably in the water with an instructor

2

- Float on front with minimal assistance
- Completely submerge underwater
- Kick and scoop with support

3

- Float on front and back
- Make independent progress on front
- Take a breath while making forward progress on front

4

- Swim freestyle
- Demonstrate the breaststroke kick
- Swim at least half the length of the lap pool

5

- Swim breaststroke and freestyle
- Demonstrate the dolphin kick
- Swim at least one length of the lap pool

YOUTH SWIM LESSONS (AGES 8-14):

FITNESS SWIMMING

- Swim freestyle, backstroke, butterfly and breaststroke
- Swim at least 50 yards