

WHAT CLASS DO I SIGN UP FOR?

HOW OLD?

6 MONTHS TO 5 YEARS

Are they comfortable in the water **without** you?
Can they take direction in a group setting?
Are they 3 or older?

NO

YES

Water Introduction
This class requires an **adult** in the water to work with the child

Water Independence
This class is taught on the steps where they will be introduced to bubbles, kicks, floating, & overall being comfortable in the water alone!

LEVEL 1

AGES 3 - 12 YEARS

Is your child comfortable jumping into the water from the deck & submerging their head?

Are they able to perform a front float for 5 seconds, roll over, & float on their back for 5 seconds & swim back to the wall?

NO

YES

Stroke Introduction

This class is taught in the shallow water where they will be introduced to freestyle, side breathing, and backstroke.

LEVEL 2

Is your child comfortable swimming in the deep water?

Can they jump into the water & exit the water unassisted?

Can they swim half a lap (12-15 yds.) of freestyle unassisted, & then swim backstroke back to the wall?

NO

YES

Can your child swim half a lap (12-15 yds.) of freestyle unassisted **WITH EFFECTIVE SIDE BREATHING** & then swim backstroke back to the wall?

Can they tread independently for 15 seconds with their head above the water?

NO

YES

Stroke Progression

This class is taught in the deep water. This class will continue to refine their freestyle & side breathing. The participants will be introduced to breaststroke.

LEVEL 3

Can your child swim 1 lap of freestyle with **EFFECTIVE SIDE BREATHING**, backstroke, elementary backstroke, breaststroke, & sidestroke?
Can they swim 5 body lengths of butterfly?
Can they tread independently for 1 minute with their head above the water?

NO

YES

Advanced Stroke Development

This class is taught in the deep water. This class will continue to refine freestyle with side breathing, backstroke, elementary backstroke, & breaststroke. The participants will be introduced to sidestroke, butterfly & dives during this class.

LEVEL 4

Your child should consider signing up for one of our **Youth Programs**

[CLICK HERE](#) OR SCAN THE QR CODE FOR OUR YOUTUBE VIDEOS THAT DEMONSTRATE EACH LEVEL!

