WHAT LEVEL IS MY CHILD?

Select the level where your child meets the following requirements:

Tiny Swimmers (14 mo-3 yrs)

Goal: Water Introduction and parent bonding

- Parent participation class
- If not potty trained, must wear our rubber swim diaper
- Class will cover introduction to water, face under water, blowing, kicking, arm movement, back float and back kicks

Level 1 (Ages 3-5)

Goal: Building water comfort and basic floating/kicking skills with help

- Must be at least 3 ft tall to touch bottom of the pool
- Ready to be in pool independent of a parent
- Willing participant who can follow simple directions and remain with instructor on steps of shallow end

Level 2 (Ages 5-12)

Goal: Gaining independence in shallow water using flotation aides

- Comfortable with water on the face and willing to practice submerging/blowing bubbles
- Can perform basic front/back floats and kicks with flotation aides
- Note: If your child (5+) is extremely fearful or hesitant, we recommend starting with private lessons

Level 3

Goal: Independent swimming and deep water preparation

- Performs front/back floats, kicks, and glides independently
- Swims on stomach with face in water without assistance for short distances
- Can retrieve ring/toy from shallow water(up to 3.5 ft)
- Willing to swim/ jump into deep water with instructor assistance

Level 4/5

Goal: Stroke mastery and deep-water stamina

- Can swim in deep water independently and tread water for 30 seconds
- Demonstrates basic understanding of freestyle and backstroke mechanics
- Note: Perfect technique is not expected at entry, but students must be able to correctly swim short distances without stopping

45-minute weekday-lv 4 and 5

- Comfortable on back in the water and in deep end of pool
- Must be able to push off the side of the pool on their back
- Must be able to jump in water over their head and swim to safety with minimal adult contact
- Can swim freestyle, front crawl, face in the water for 10-12 feet
- Level 3 can enroll with teacher approval