



Children's Swim Lessons Breakdown

If you are unsure of what level your child should be at, please refer to this lesson breakdown. Review the skills for each level and if there is a skill they cannot complete unassisted, register for that level.

Example: My child can float for 5 seconds and front glide, but will not put their face in the water or blow bubbles. They will be in Level 1.

Parent & Me

- Enter water independently
- Open eyes under water and retrieve object
- Back float for 3 seconds
- Roll from front to back
- Front glide and kick action

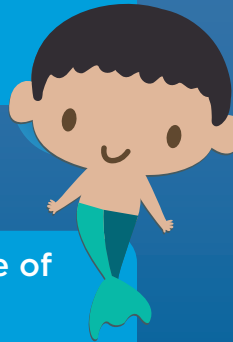
This is the only class that parents will be permitted to enter the water. Only for children under the age of 3.

Level 1

- Open eyes underwater and retrieve object
- Front glide and back glide 5 yards
- Back float for 5 seconds
- Roll from front to back
- Coordinated arm and leg movement

Level 3

- Jump into deep water, float and swim to edge of the pool
- Tread water for 1 minute
- Swim front crawl w/side breathing (freestyle) 15 yards
- Proper scissor, breaststroke and butterfly kicks



Level 2

- Jump into shoulder-deep water
- Back float for 15 seconds
- Tread water for 15 seconds
- Swim 15 yards using coordinated arm and leg action
- Fully submerge and hold breath

Level 4

- Freestyle 25 yards
- Breaststroke 25 yards
- Butterfly 15 yards
- Flip turns and touch turns
- Proper diving technique

