

What Swim Lesson Level am I?

Age	Which Level is the student ready for?		
6 months-2 years old		→	Parent/Child
3-5 years	Is the student potty trained and comfortable working with an instructor without a parent in the water? Are they able to follow instructions?	→	Preschool Level 1
	Can the student hold their face in the water for up to 3 seconds while blowing bubbles?	→	Preschool Level 2
	Can the student swim on their front & back and roll over without a lifejacket?	→	Preschool Level 3
	Can the student swim on their front and back for half the length of the pool?	→	Preschool Level 4
6-9 years	Is the student new to swimming?	→	School Age Level 1
	Is the student willing to go underwater, blow bubbles and attempt to float on front and back?	→	School Age Level 2
	Can the student swim on their front, back and roll over without a lifejacket?	→	School Age Level 3
	Can the student swim on their front and back the length of the pool (25 yards)?	→	School Age Level 4
	Can the student swim front crawl, back crawl, the length of the pool (25 yards)? Can they perform the breaststroke and butterfly kicks?	→	Porpoise Club (formerly Ducklings)
	Can the student swim 50 + yards of freestyle and backstroke? Can they swim 25 yards of breaststroke and butterfly?	→	Swim Team
10 years old and up	Is the student new to swimming?	→	Swimming 101
	Can the student swim the length of the pool on their front and back while taking breathes (25 yards)	→	Aquatics Club