

Swim Lessons

Determine Your Child's Swim Level

Choosing the right swim lesson is the first step in your child's aquatic education. It is important to select lessons that provide equal amounts of new challenges and old favorites.

- 1: Use the flow chart below to identify the swim level that best matches your child's swimming skill set.
- 2: On the next page, select the best day and time that work for your busy schedule.




Is your child over 3 years old? **No** → **Jellyfish** 

Yes → Is your child less than 5 years old? **Yes** → **Sea Turtle** 

No → Can your child go underwater independently and back float? **No** → **Stingray** 

Yes → Can your child back float independently and front crawl 10 yards independently? **No** → **Marlin** 

Yes → Does your child know all of the basic strokes and can they perform them with little help? (front crawl, backstroke, breast stroke, side stroke, dolphin kick) **No** → **Walrus** 

Yes → Can your child perform a basic dive off the side of the pool and perform basic strokes independently? **No** → **Dolphin** 

Yes → **Shark** 