

Swim Lesson Flow Chart

Preschool Levels 1-3/Ages 3-5

Can your child comfortably get into chest deep water without a lifejacket?

YES

NO

PreK 1-3 Water Introduction



Levels 1-3/Ages 4-11

Can your child put their face in the water/submerge independantly?

YES

NO

Level 1 - Water Acclimation



Can your child glide on their stomach without assistance?

YES

NO

Level 2 - Water Movement



Can your child jump in & submerge in deep water, tread water for 30 seconds, and then swim back to the wall?

YES

NO

Level 3 - Water Stamina



Proceed to Level 4

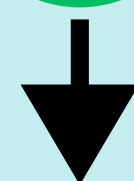
Levels 4-6/Ages 6-14

Can your child swim 25 yards using front crawl and tread water for 1 minute?

YES

NO

Back to Level 3



Can your child swim half a length of breaststroke and half a length of butterfly?

YES

NO

Level 4 - Stroke Introduction

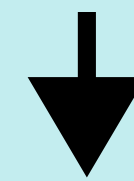


Can your child perform front crawl with a flip turn and a standing dive?

YES

NO

Level 5 - Stroke Development



Level 6 - Stroke Mechanics

