

Swim Lesson Placement Information

Pre Beginner

- Comfortable one on one with an instructor (not parent)
- Able to follow simple directions
- Is willing to try new things
- Has very little back ground in swimming
- Is under the age of 8
- Able to swim independently with a lifejacket

Beginner 1

- Able to perform pre beginner skills
- Comfortable in water with instructor
- Able to blow bubbles
- Working on putting face in water
- Developing independent swimming
- Comfortable in water on front and back

Beginner 2

- Able to perform beginner 1 skills
- Comfortable swimming with face in water
- Able to swim independently on front
- Developing independent backstroke
- Able to swim independently without a lifejacket

Intermediate

- Able to perform beginner 2 skills
- Able to swim on front for at least 12 yards without assistance with face in the water
- Experience with swimming on back
- Able to tread water for about 15 seconds
- Comfortable in water over their head
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Advanced (without assistance or lifejackets)

- Intermediate skills
- Tread water for at least 30 seconds
- Front crawl with developing rotary breathing
- Developed back crawl

Level 3 (without assistance or lifejackets)

- Knowledge of dolphin and breaststroke kick
- Experience with elementary backstroke
- Front crawl with quality rotary breathing for 25 yards
- Able to swim 25 yards with quality back crawl

Level 4 (without assistance or lifejackets)

- Able to perform the Advanced skills
- Experience with dolphin, breaststroke, and side stroke kicks
- Mastered elementary backstroke

Private Lessons

- For swimmers with physical or mental limitations only
- Being unfamiliar or frightened by water is not grounds for private lessons
- Private lessons may be suggested for swimmers above the age of 12 for classes between Pre Beginner and Intermediate, and 15 for Advanced through Level 4.