

SWIM LESSON FLOWCHART

Is your child comfortable in the water without an adult?

YES

REGISTER FOR:
TADPOLES -or- SHRIMPS -or- LEVEL 1

NO

REGISTER FOR:
PARENT TOT -or- LEVEL 1

Can your child float independently on their front (5 seconds) and back (5 seconds)?

YES

REGISTER FOR:
OTTERS -or- LEVEL 2

NO

REGISTER FOR:
SHRIMPS -or- TADPOLES -or- LEVEL 1

Can your child swim freestyle with rhythmic breathing and backstroke independently for 10 yards?

YES

REGISTER FOR:
LEVEL 3

NO

REGISTER FOR:
OTTERS -or- LEVEL 2

Can your child swim freestyle with rhythmic breathing and backstroke for at least 15 yards? Is your child comfortable in deep water and able to dive from the side of the pool?

YES

REGISTER FOR:
LEVEL 4

NO

REGISTER FOR:
LEVEL 3

Can your child swim 25 yards of freestyle, backstroke and breast stroke? Can your child complete 15 yards of butterfly kick? Can your child complete a kneeling dive from pool side?

YES

REGISTER FOR:
LEVEL 5 -or- SWIM & DIVE TEAM

NO

REGISTER FOR:
LEVEL 4

Can your child swim 25 yards of all 4 competitive strokes?

YES

REGISTER FOR:
LEVEL 5 -or- SWIM & DIVE TEAM

NO

REGISTER FOR:
LEVEL 5 -or- SWIM & DIVE TEAM