

## **How To Pick The Correct Level For Your Child**

Placing your child in the correct level is an important part of swim lessons as it ensures they receive the most effective lesson possible. Levels are broken up by age and skill. Not all levels will be offered for group swim lessons.

Swim levels are as follows:

### **6months - 35months**

These Parent Tot swim lessons offer an introduction to swimming where parent and child participate in water adjustment and motor skills.

### **3years - 5years**

#### **Beginner (3 yrs – 5 yrs)**

Introduction to swimming. This level focuses on motor skills, face in the water, blowing bubbles, holding breath, going underwater & jumping in the pool unassisted.

#### **Intermediate (3 yrs – 5 yrs)**

For children who are comfortable, confident & already going underwater unassisted while holding their breath. This level focuses on teaching unassisted swimming for 5–15ft. This level also focuses on beginner's freestyle & intro to backstroke.

## **6years - 9year**

### **Beginner (6 yrs – 9 yrs)**

Intro to swimming for non-swimmers or those who swim less than 20ft. This level focuses on comfort in the water, modified freestyle & independent swimming.

### **Intermediate (6 yrs – 9 yrs)**

For students who swim 20ft. unassisted. This level focuses on teaching freestyle & backstroke techniques & swimming a distance of 25yds.

## **10years - 17years**

### **Beginner (10 yrs – 17 yrs)**

Intro to swimming for non-swimmers or those who swim less than 20ft. This level focuses on comfort in the water, modified freestyle & independent swimming.

### **Intermediate (10 yrs – 17 yrs)**

For students who swim 20ft. unassisted. This level focuses on teaching freestyle & backstroke techniques & swimming a distance of 25yds.