

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.

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.

What to Do on Day One

1. Children should be properly dressed in one piece swim suits, swim trunks, or swim diaper.
2. Arrive 10 minutes early and have a seat on the benches by the entry door in the pool area.
3. Swim Instructors will lead the children from the benches to the pool.
4. We request that parents choosing to stay for the lesson remain on the benches to help the instructors maintain the focus of the children they are teaching.