



How To Pick The Correct Swim 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. If your child does not fit one of the ages and levels you should register for individual swim lessons.

3 - 5 years old

Beginner Level

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 Level

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.

6 - 9 years Old

Beginner Level

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 Level

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