

# WHICH CLASS SHOULD I SIGN MY CHILD UP FOR?

HOW OLD?

6 MONTHS TO 5 YEARS

AGES 3 - 12 YEARS

Are they comfortable in the water **without** you?  
Can they take direction in a group setting?  
Are they at least 3 years old?

Is your child comfortable jumping into the water from the deck & submerging their head?  
Are they able to perform a front float for 5 seconds, roll over, & float on their back for 5 seconds & swim back to the wall?

NO

YES

NO

YES

**Water Introduction**  
This class requires an **adult** in the water to work with the child

**Water Independence**  
This class is taught on the steps where they will be introduced to bubbles, kicks, floating, & overall getting comfortable in the water alone!

LEVEL 1

**Stroke Introduction**  
This class is taught in the shallow water where they will be introduced to freestyle, backstroke, & treading. They will also begin to transition into deeper water in this class.

LEVEL 2

Is your child comfortable swimming in the deep water?  
Can they jump into the water & exit the water unassisted?  
Can they swim half a lap (12-15 yds.) of backstroke unassisted, & then swim freestyle back to the wall?

NO

YES

Can they swim half a lap (12-15 yds.) of backstroke unassisted & then swim freestyle unassisted WITH EFFECTIVE SIDE BREATHING back to the wall?  
Can they swim 12-15 yards of elementary backstroke?  
Can they tread independently for 15 seconds with their head above the water?

NO

YES

**Stroke Progression**  
This class is taught in the deep water. This class will continue to refine their backstroke, freestyle & introduce side breathing. The participants will be introduced to elementary backstroke & breaststroke.

LEVEL 3

Can they swim 1 lap of freestyle with EFFECTIVE SIDE BREATHING, backstroke, elementary backstroke, breaststroke, & sidestroke?  
Can they swim 5 body lengths of butterfly?  
Can they tread independently for 1 minute with their head above the water?

NO

YES

**Advanced Stroke Development**  
This class is taught in the deep water. This class will continue to refine freestyle with side breathing, backstroke, elementary backstroke, & breaststroke. The participants will be introduced to sidestroke, butterfly & dives during this class.

LEVEL 4

Your child should consider signing up for one of our **Youth Programs**