

# 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?

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

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

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

NO

YES

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, and overall getting comfortable in the water alone!

**LEVEL 1**

NO

YES

**Stroke Introduction**  
This class is taught in the shallow water where they will be introduced to freestyle, side breathing, backstroke, and elementary backstroke.

**LEVEL 2**

Can they swim half a lap (12-15 yds.) of freestyle unassisted **WITH EFFECTIVE SIDE BREATHING** and then swim backstroke back to the wall?  
  
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 freestyle and side breathing. The participants will be introduced to breaststroke and scissor kicks.

**LEVEL 3**

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

**LEVEL 4**

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