

## Recommended Age Group for Levels



6 mo. – 3 yrs  
**Parent/Tot**



3 yrs.– 6 yrs.  
**Preschool/  
Beginner**



4 yrs.– 12 yrs.  
**Intermediate**



5 yrs.– 14 yrs  
**Advanced**

## What Skill Level does the participant fall into?

### My Child Can...

- ⇒ There are no pre-requisite skills for this class.
- ⇒ For 3 year olds who are comfortable being in the water without a parent.



**Preschool /  
Beginner**



### My Child Can...

- ⇒ Enter the water independently using the ladder or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, and then safely exit the pool
- ⇒ Swim using combined arm and leg actions on front for 3 body lengths
- ⇒ Jump into chest deep water, push off the bottom, tread or float for 15 seconds, roll to front and recover to vertical position



**Intermediate**



### My Child Can...

- ⇒ Jump into deep water from side, recover to the surface, maintain position by treading or floating for 1 minute, swim front crawl or back crawl for 25 yards and exit the pool.
- ⇒ Demonstrate beginner knowledge of breaststroke kick and dolphin kick.



**Advanced**

**5 -14 ys**

