To help answer what level is my child? Answer these questions…

DOES YOUR CHILD…

Feel comfortable in the water without a parent?

- **NO** → **Parent Tot (6 mo - 3 yrs.) – Shrimp**
  Parents & children participate in guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration & more.
- **YES** ↓

Feel comfortable in the water, have the ability to blow bubbles, submerge their face & retrieve objects in chest deep water

- **NO** → **Level 1: Adaptation to the water (2 & up) – Starfish**
  For beginning swimmers who are starting to become more comfortable in the water without parent/guardian. Bubble blowing, maneuvering in water independently & learning basic skills. Water adaptation, water safety, floating & breath control.
- **YES** ↓

Feel comfortable in the water without touching the bottom of the pool? Float on front & back for 5 seconds?

- **NO** → **Level 2: Fundamental Skills (3 & up) – Seahorse**
  For children who are comfortable in the water & can blow bubbles. Floating, gliding and swimming on front and back while coordinating arm and leg actions. Introduction to side breathing.
- **YES** ↓

Have the ability to glide on their front/back and swim 5 yards on their front/back?

- **NO** → **Level 3a: Stroke Development (4 & up) – Sea Turtle**
  Students are beginning to combine arm & leg actions. Introduction to side breathing. Development of freestyle, backstroke & introduction to elementary backstroke. Water safety.
- **YES** ↓

Have the ability to swim 15 yards on front/back & have had an introduction to breaststroke as well as feels comfortable in deeper water?

- **NO** → **Level 3b: Stroke Development (4 & up) – Sea Lion**
  Comfortable swimming at least ½ way across the pool. Freestyle and backstroke coordination continued, introduction to breastroke and butterfly kick and body motion and water safety.
- **YES** ↓

Have the ability to swim 25 yards on their front and back, 10 yards of breaststroke, swim underwater 3 body lengths & can demonstrate the basics of butterfly body motion?

- **NO** → **Level 4: Stroke Improvement (5 & up) – Seal**
  Emphasis is on side breathing & overall stroke improvement. Freestyle, backstroke, breaststroke & introduction of butterfly. Underwater swimming. Introduction to flip turns. Working on building endurance to swim multiple length's of the pool. Treading water & water safety.
- **YES** ↓

Have the ability to swim 25 yards of each competitive stroke (butterfly, backstroke, breaststroke, freestyle)?
Have the ability to swim multiple laps of the pool?

- **YES** → **Non-Competitive Swim Team – Shark**
  Endurance swimming is a great workout for children/teens that have the skills of or have graduated from Level 4.
  All ages welcome!

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