

WHICH GROUP SWIM CLASS IS RIGHT FOR YOU

1

What depth is your swimmer independent?



2

Slide to the right & find your level by identifying your current swim ability



<3 feet



NEVER EVER

- Gets in the pool and dips their body to their shoulders.
- Looks to hold on to something to stay safe
- Has a few kicks to move around.



BEGINNER LEVEL 1

- Must use a kickboard for support
- Will jump in but likely to hold your hand
- Is comfortable on their belly and back in the water

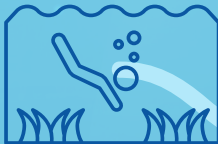


BEGINNER LEVEL 2

- Jumps in and swims 15 feet (1/2 pool) in freestyle with side breathing and backstroke without a kick-board with some help.

(ages 6+)

4 feet



INTERMEDIATE

- Swims full laps in both freestyle and backstroke.
- Will learn breaststroke
- Will swim 2 or more laps continuously
- Ages 7+



ADVANCED

- Independent with Freestyle, backstroke and Breast Stroke.
- Ages 7+

5 feet



COMPETES

- Can already swim 2 laps without stopping
- Are able to do Freestyle & Backstroke (minimum) without help or aids for the 2 laps
- Already know the strokes