





Look at each level and determine whether the child can consistently perform ALL the skills listed. Keep moving through the levels until you reach one that the child cannot perform ALL the skills. This is the probably the best level for the child. It is easier to move a child up a level rather than down if they were misplaced.

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<p><b>Parent-Tot (age 0-3 w/adult in water)</b></p> <ul style="list-style-type: none"><li>Families will learn basic entries, exits, holds, games, songs, and skills for toddlers</li></ul> <p><b>Preschool Ages 3-5 (1 instructor : 6 kids)</b></p> <p><b><u>Pike</u></b></p> <ul style="list-style-type: none"><li>Can get into the pool by themselves, can blow bubbles</li><li>Can float with help from a teacher, can kick with help</li><li>Can push off the wall, can wear a float belt comfortably</li></ul> <p><b><u>Eel</u></b></p> <ul style="list-style-type: none"><li>Can jump in, float, and go underwater by themselves, can do 5 bobs</li><li>Can swim with a float belt 15 feet without teacher help</li><li>Can do a sitting dive, can climb down a pole underwater</li></ul> <p><b><u>Ray</u></b></p> <ul style="list-style-type: none"><li>Can float on front and back for 20 seconds, can do 10 bobs</li><li>Can swim 7 yards of freestyle, backstroke, and elementary backstroke</li><li>Can do a kneeling dive, can do a front somersault with help</li></ul> <p><b><u>Starfish</u></b></p> <ul style="list-style-type: none"><li>Had lessons before, can float on front and back for 1 minute, tread water for 30 seconds</li><li>Can do 15 bobs, a front somersault, and climb down a pole 5 feet</li><li>Can do 25 yards of freestyle, backstroke, and elementary backstroke</li></ul> <p><b><u>Adult Beginner Class</u></b></p> <ul style="list-style-type: none"><li>Will learn how to be comfortable in the water</li><li>Will learn safety, basic swimming skills</li><li>Will learn how to tread water</li><li>Will progress towards swimming laps</li></ul> <p><b><u>Swim Cycle</u></b></p> <ul style="list-style-type: none"><li>Must be able to swim 25-50 yards of freestyle</li><li>Will work on rhythmic breathing, workout programs, learning new strokes</li><li>40 minutes of swimming into 30 minutes of group cycling</li></ul> <p><b><u>Lifeguarding (age 15+)</u></b></p> <ul style="list-style-type: none"><li>Must be able to swim 300 yards freestyle and breaststroke</li><li>Must swim 25 yards, retrieve 10lb brick from bottom, swim 25 yards holding it within 1:40</li><li>Will earn certification upon completion in American Red Cross Lifeguarding, CPR for the Professional Rescuer, and First Aid</li></ul>	<p><b>School Ages 6-12 (1 instructor : 8 kids)</b></p> <p><b><u>Polliwog</u></b></p> <ul style="list-style-type: none"><li>New to swim lessons, can hop in and out of the water on my own</li><li>Can attempt bobs, freestyle, backstroke, sitting dives and swimming without a belt</li><li>Can tread water for 10-30 seconds, can glide off the wall</li><li>Can do 12.5 yards of freestyle, backstroke and elementary backstroke</li></ul> <p><b><u>Starfish</u></b></p> <ul style="list-style-type: none"><li>Had lessons before, can float on front and back for 1 minute, tread water for 30 seconds</li><li>Can do 15 bobs, a front somersault, and climb down a pole 5 feet</li><li>Can do 25 yards of freestyle, backstroke, and elementary backstroke</li></ul> <p><b><u>Guppy</u></b></p> <ul style="list-style-type: none"><li>Can jump into the deep end, swim 7 yards out and return to the wall</li><li>Can tread water for 30-40 seconds, can do 20 bobs, can retrieve an object from the bottom of the pool</li><li>Can do a standing dive, can swim 50 yards of free, back, elementary, and 7 yards of sidestroke</li></ul> <p><b><u>Minnow</u></b></p> <ul style="list-style-type: none"><li>Can tread water for 1 minute, can do a standing dive</li><li>Can swim 75 yards free, back, elementary, side and breaststroke</li></ul> <p><b><u>Fish</u></b></p> <ul style="list-style-type: none"><li>Can tread water for 3 minutes, can surface dive down 6-8 feet head first and feet first</li><li>Can consistently swim 100 yards of basic strokes with rhythmic breathing</li><li>Can swim 25 yards of butterfly with fins, 12 yards without fins</li></ul> <p><b><u>Flying Fish</u></b></p> <ul style="list-style-type: none"><li>Can tread water for 6 minutes, can do a flip turn for both free and backstroke</li><li>Can swim underwater 3-4 body lengths using modified breaststroke</li><li>Can consistently swim 100 yards of all basic strokes with open turns</li></ul> <p><b><u>Shark</u></b></p> <ul style="list-style-type: none"><li>Can retrieve an object from 8 feet down</li><li>Can do 100 yards of rhythmic breathing, streamlining, flip turns and pull outs for each stroke</li><li>Can swim a 200 yard individual medley</li></ul> <p><b><u>Swim Club ages 8-17</u></b></p> <ul style="list-style-type: none"><li>Must have passed the Minnow level or equivalent to join (check skills above)</li><li>Will work on technique, turns and dives</li><li>2 practices/week, 1 fun meet/session</li><li>Coaches will work on building self confidence and teamwork</li><li>This is meant to be a easy going group with friendly competitive aspects</li></ul>
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