

Does your child feel comfortable in the water without a parent?

NO →

↓ YES

Can your child swim four continuous strokes on their front w/out help?  
Can they retrieve an object 2 feet underwater w/out help?

NO →

↓ YES

LEVEL 1  
**Guppy**



Can they float on their front and back for 10 seconds without assistance?  
Can your child swim at least 10 yards freestyle and backstroke without assistance?  
Can they retrieve an object at least 3 1/2 feet below the surface?  
Can your child jump off the diving board and swim back to the side unassisted?

NO →

↓ YES

LEVEL 2  
**Seahorse**



Can your child swim freestyle and backstroke the length of the pool (long ways) unassisted?  
Does your child know how to correctly perform the breaststroke kick?  
Can they retrieve an object off the bottom in at least 6 feet of water?  
Do they know how to dive from the side of the pool in a kneeling position?  
Does your child know how to tread water?

NO →

↓ YES

LEVEL 3  
**STINGRAY**



Can your child swim multiple lengths of the pool freestyle, backstroke, elementary backstroke and breaststroke unassisted?  
Can your swimmer coordinate a butterfly stroke?  
Can your child dive from a standing position from the side of the pool?  
Can your child perform a correct breaststroke turn?  
Can they tread water for 2 minutes?

NO →

↓ YES

LEVEL 4  
**Dolphin**



Can your child swim 10 continuous laps with proper freestyle and backstroke technique and with correct turns?  
Can your child swim multiple laps breaststroke with the correct form and underwater technique?  
Can your child swim the length of the pool butterfly?  
Can they perform a racing start from the blocks?

NO →

↓ YES

LEVEL 5  
**SHARK**

Is your child interested in joining a swim team?  
Can your child pass all level 5 (shark) requirements?  
Are they interested in taking their stroke mechanics to the next level and moving toward the competitive side of swimming?  
This class will help better prepare your swimmer for what is required to join a top notch swim team. More importantly your child will be educated with the small intricacies that help transform young swimmers into competitive athletes.

NO →

YES →

**PRE-COMP**  
SWIM TEAM