

RECOMMENDED AGE

IF YOUR CHILD HAS PASSED
THE PREVIOUS LEVEL,
PLEASE DISREGARD AGE
RECOMMENDATION.
WE ALSO OFFER SWIM
LEVEL ASSESSMENTS TO
HELP PLACE YOUR CHILD.

AGE 6 MO-2 YEARS

-WHEN THE CHILD HAS
TURNED 3 YEARS OLD
THEY WILL BE READY FOR
LEVEL 1

AQUA DUCKS

AGE 3-7

-10 UNDERWATER BOBS WITH
BUBBLES
-KICKING WHILE HOLDING
THE SIDE

LEVEL 1

AGE 3-9

-UNASSISTED FRONT GLIDE
-UNASSISTED BACK GLIDE
(5-10 SEC)
-UNASSISTED FRONT & BACK
FLOAT

LEVEL 2

AGE 9+

-BACKSTROKE~13 YARDS
(1/2 LAP)
-FRONT CRAWL~13 YARDS
(1/2 LAP)
-FRONT CRAWL W/BASIC
RHYTHMIC BREATHING (25 YARDS)

LEVEL 3

AGE 9+

-BACKSTROKE (25 YARDS)
-5 DEEP WATER BOBS
-RETRIEVE RING FROM 8'
-FRONT CRAWL W/RHYTHMIC
BREATHING (50 YARDS)

LEVEL 4

AGE 9+

-BACKSTROKE (50 YARDS)
-BREASTSTROKE (50 YARDS)
-TREAD WATER 30 SEC

LEVEL 5

AGE 9+

GOALS

-FRONT CRAWL (100 YARDS)
-BACKSTROKE (100 YARDS)
-BREASTSTROKE (100 YARDS)
-BUTTERFLY (50 YARDS)

SWIM LEAGUE