



SWIM LESSON SELECTOR

AGE	3 - 5 YEARS	6 - 12 YEARS	10 - 15 YEARS
CLASS TYPE	PRE-SCHOOL	SCHOOL-AGE	TWEEN/TEEN

- 1** NEW TO THE POOL OR NERVOUS IN THE POOL, NEEDS ASSISTANCE AND/OR FLOTATION
- 2** SWIMS UNASSISTED WITH FLOTATION, COMFORTABLE IN A CLASS SETTING
- 3** SWIMS WITH FACE IN THE WATER WITHOUT FLOTATION OR ASSISTANCE, FLOATS ON BACK
- 4** CAN SWIM 1/2 LENGTH FREESTYLE AND BACKSTROKE WITH GOOD FORM, WORKING ON BREASTSTROKE
- 5** CAN SWIM FULL-LENGTH FREESTYLE AND BACKSTROKE WITH GOOD FORM, SWIM BASIC BREASTSTROKE, WORKING ON BUTTERFLY
- 6** SWIMS 4 LENGTHS FREESTYLE, BACKSTROKE AND BREASTSTROKE WITH GOOD FORM, SWIMS BUTTERFLY, WORKING TOWARDS COMPETITIVE SWIM