

What Swim Level is my student(s)?

These are helpful descriptions of the bare minimum basics. Choose the best fit wisely to place student in the proper lesson. We may have to cancel the lesson if the level is mismatched from the existing class. Be cautious not to choose a level too advanced, it will compromise the lesson experience for everyone.

The skills listed are the bare minimum basics to pass onto the next level.

Sea Star - (3 years or older) First time in lessons. Not comfortable putting face in the water. Doesn't blow bubbles in the water. Will not put whole head down in the water with ease.

Jellyfish - Comfortable beginner. Front float and back float with ease. Puts whole head down and blows bubbles. Intro to big arms freestyle.

Sea Turtle - Swim freestyle across the width of the pool (5-6 yards). Can roll from front belly into a back float, while kicking across width of the pool. Can kick and do backstroke arms. Intro to breaststroke kick "frog kick", by doing elementary back stroke.

Otter - Swim freestyle with good side breath and backstroke across the pool length (20-25 yards). Can do breaststroke kick, "frog kick" across the pool. Learn to heads up tread water.

Seal - Swim freestyle across the length of the pool with perfect side breath. Swims backstroke well across the length of the pool. Is good at breaststroke kick and learning the full stroke with arm pulls. Knows dolphin kick, for the butterfly stroke. Can do a dive. Tread water for 1 min.

Stingray - Swim 2 laps (40-50 yards) of good freestyle and backstroke. Swim 1 lap of good breaststroke. Swims 1 lap of butterfly stroke. Can do dives well. Tread water for 3 min.

Dolphin - Swim team competent, 4 laps (80-100 yards) of all 4 strokes (freestyle, backstroke, breaststroke, butterfly) proficiently. Tread water minimum of 5 min.

Shark - Advanced competitive stroke technique, 8 laps of all 4 strokes. Tread water 10 min. Race starts, dives, turns.