

Swim Lesson Placement Criteria

Please consult these guidelines when a parent is unsure where to place their child (i.e. no previous swim lessons, a long gap since swim lessons, or unsure what their last swim level was). These are general rules and as always, there is an exception to every rule. Please try to use your best judgment when placing children in classes.

Following are the basics we try to accomplish by the end of each session. When unsure about placing a child, make SURE they can float on their front with face in water and on their back with ears in the water for 5 seconds unassisted before moving into Level I or above.

Parent-Tot: (6 mos-36 mos) Parent must accompany child, readies child for swimming.

Tot: (3-4 years) Tot participates without parent. Blow bubbles in water, face in water, bobbing, eyes open under water, assisted tummy and back float.

Adv Tot: (3-5 years) Comfortable with face in water. Child must be able to front and back float unassisted by instructor with face in the water. Must be able to do short distance front glide with arms over head assisted by instructor. These skills should NOT be overlooked.

Level I: (4-6 years) Successful front and back glide with arms over head. Front crawl arms are added at this level. Back float with finning arms is practiced.

Beginning Level II: (5-7 years) Students start to swim freestyle independently and are exposed to rhythmic breathing, finning arms. Back crawl stroke is introduced.

Advanced Level II: (6-8 years) Students becoming more comfortable with independent swimming. Front crawl with elbows out of water. This is an important level to perfect.

Level III: (7-9 years) Students learn to breath to the side while swimming front crawl (rotary breathing). Backstroke is refined. Students must swim at least 10 yards on each stroke.

Beginning and Advanced Level IV: (7-10 years) Students must swim length of the pool (25 yards) on both front and back crawl. Other strokes are introduced (breast, side, and elementary back stroke). Technique and strength are the goals of this class. Kids should be placed pursuant to their experience and age.

Stroke Clinic: (7-12 years) Must have passed Level IV. Stroke technique is refined. Butterfly stroke is introduced and flip turns are practiced.

Dolphins: (8-13 years) Should be considered 'Pre-swim team'. Introduces lap swimming and 'swim sets'.

DHI : (9-18 years) Swimmers MUST be a current or former member of a swim team and have relative proficiency in all four strokes: free, back, breast and fly. Timed 'sets' will be required of all swimmers. One hour class. Kids will be placed in lanes commensurate with their swimming ability.