

## Preschool Swim Lesson Level

### Preschool Level 1

My swimmer can...

- Separate from parent without crying

### Preschool Level 2

My swimmer can...

- Enter the water independently
- Put his/her face in the water and blow bubbles
- Float on his/her back with assistance

### Preschool Level 3

My swimmer can...

- Able to submerge, blow bubbles and retrieve objects from the bottom
- Do a front glide and swim 2 body lengths with face in the water without assistance
- Float on his/her back independently

### Preschool Level 4

My Swimmer can...

- Jump in and return to wall unassisted
- Swimmer must be able to swim on front and back unassisted
- Swimmer must be able to change direction while swimming

## Youth Swim Lesson Level

### Youth Level 1

My swimmer can...

- Separate from parent

### Youth Level 2

My swimmer can...

- Put his/her face in the water and blow bubbles
- Float on his/her back without assistance
- Do a front glide with face in the water with assistance

### Youth Level 3

My swimmer can...

- Able to submerge, blow bubbles and retrieve objects from the bottom
- Do a front glide and swim 5 yards with face in the water without assistance
- Float on his/her back independently

### Youth Level 4

My swimmer can...

- Swim 15 yards freestyle (with rotary breathing) and backstroke
- Swim 5 yards breaststroke and knowledge of dolphin kick for butterfly
- Do a kneeling dive and tread water for 1 minute

### Youth Level 5

My swimmer can...

- Swim 25 yards freestyle (with rotary breathing) and backstroke
- Swim 15 yards of breaststroke and butterfly
- Do a standing dive and tread water for 2 minutes

