Swim Lesson Placement Grid

Please use the grid below to access the appropriate class for enrollment

Class	Parent & Me	Starfish	Minnows	Dolphins	Swordfish	Barracuda	Shark	Adult/Teen Beginner	Adult/Teen Intermediate
Relative Ages	6mo-3yrs	3-5yrs	5+ yrs	6+ yrs	7+ yrs	7+ yrs	7+ yrs	14+ yrs	14+ yrs
Needs Guardian Assistance	X								
Submerge Face		X	X	X	X	X	X	X	X
Blowing Bubbles		X	X	X	X	X	X	X	X
Enter/Exit Water Safely		X	X	X	X	X	X		X
Front Float/Back Float- Supported		X	X	X	X	X	X		X
Front Kicks/Back Kicks - Supported		X	X	X	X	X	X		X
comfortable in 3 ft of water		X	X	X	X	X	X		X
Alternating arm movement		X	X	X	X	X	X		X
Open eyes under water/retrieve objects			X	X	X	X	X		X
Front Float/Back Float - Unassisted			X	X	X	X	X		X
Front Kicks/Back Kicks - Unassisted			X	X	X	X	X		X
Swim Freestyle - 10 yards			X	X	X	X	X		X
Jumping into shallow water w/recovery				X	X	X	X		X
Swim Freestyle - 25 yards w/side breathing				X	X	X	X		X
Swim Backstroke - 10 yards				X	X	X	X		X
Diving - standing, kneeling, sitting					X	X	X		X
Swim Elementary Backstroke - 25 yards					X	X	X		X
Swim Freestyle - 50 yards					X	X	X		X
Backstroke - 50 yards					X	X	X		X
Tread Water					X	X	X		X
Flip Turns/change of direction					X	X	X		X
Swim Elementary Backstroke - 75 yards						X	X		
Swim Freestyle - 75 yards						X	X		
Swim Backstroke - 75 yards						X	X		
Swim Breaststroke - 50 yards						X	X		
Swim Side Stroke - 50 yards						X	X		
Swim Freestyle - 100 yards							X		
Swim Backstroke - 100 yards							X		
Swim Breaststroke - 75 yards							X		
Swim Side Stroke - 75 yards							X		
Swim Butterfly - 50 yards							X		