



# Which Swim Level SHOULD I SIGN UP FOR?

## AQUA TOTS

- ✓ For children 6 months to 3 years of age

## SWIM BUDDIES

- ✓ Comfortable standing independently on the platform

## SWIM SCHOOL: LEVEL 1

- ✓ Comfortable submerging head underwater
- ✓ Comfortable swimming independently with a floatation device

## SWIM SCHOOL: LEVEL 2

- ✓ Independent front float
- ✓ Independent back float
- ✓ Able to make forward progress while kicking
- ✓ Basic mechanics of front crawl
- ✓ Able to complete 10 bobs\*

*\*Bobs: blow bubbles under water, take a breath, repeat*

## SWIM SCHOOL: LEVEL 3

- ✓ Swim at least 15 yards of front crawl
- ✓ Swim at least 15 yards of back crawl
- ✓ Able to take at least 3 breaths while swimming

## SWIM TEAM: LEVEL 1

- ✓ 1 length (25 yards) of front crawl with side breathing
- ✓ 1 length (25 yards) of back stroke
- ✓ 1 length (25 yards) of breast stroke
- ✓ 1 lap (50 yards) of continuous swimming

## SWIM TEAM: LEVEL 2

- ✓ 1 lap (50 yards) of front crawl with side breathing
- ✓ 1 lap (50 yards) of back stroke
- ✓ 1 lap (50 yards) of breast stroke
- ✓ 1 length (25 yards) of butterfly
- ✓ 2 laps (100 yards) of continuous swimming

**SCHEDULE A  
COMPLIMENTARY  
SWIM EVALUATION  
TODAY!**