

School Age Classes:

To pass Beginner, must be able to:

Put face in water

Float for 3 seconds

Swim independently with simultaneous arm and leg movement on belly

Be comfortable on back

Simultaneous arm and leg movement on back (with minimal to no support)

Jump in and swim short distance to instructor

To pass Intermediate, must be able to:

Streamline to freestyle width of lessons pool

Rotary breathing

Streamline to backstroke width of lessons pool

Breaststroke kick

Kneeling dive

To pass Advance, must be able to:

Swim legal freestyle

Swim legal backstroke

Swim legal breaststroke

Swim legal butterfly

Preschool Classes:

To pass Preschool Beginner 1, must be able to:

Put face in the water

Blow bubbles under the water

Simultaneous arm and leg movement on belly with support

Simultaneous arm and leg movement on back with support

Jump into instructor

To pass Preschool Beginner 2, must be able to:

Float on belly for 5 seconds

Simultaneous arm and leg movement on belly with NO support

Float on back for 5 seconds

Simultaneous arm and leg movement on back with NO support

Jump in and swim short distance to instructor

To pass Preschool Intermediate, must be able to:

Streamline to freestyle width of lessons pool

Rotary breathing

Streamline to backstroke width of lessons pool

Breaststroke kick

Kneeling dive