WHAT AGE GROUP DOES THE STUDENT FALL INTO?

- **6 MONTHS – 3 YEARS**
  - PARENT TOT: TADPOLES & MINNOWS

- **3 – 5 YEARS OLD**
  - PRESCHOOL: FROGS - OTTERS

- **6-12 YEARS OLD**
  - GRADE SCHOOL: FROGS - GREAT WHITES

- **13+ YEARS & OLDER**
  - TEEN & ADULT: FROGS – GREAT WHITES

ALL LEVELS ARE TAUGHT THE SAME SKILLS, BUT TAUGHT AT THEIR DEVELOPING MILESTONES. WE ALSO OFFER SCHOLARSHIP & ADAPTIVE LESSONS TO ACCOMMODATE STUDENTS ON THE SPECTRUM.

WHAT STAGE IS MY SWIMMER READY FOR?

IF THE ANSWER IS “YES” PLEASE PROCEED TO THE NEXT QUESTION

1. **CAN THE SWIMMER RESPOND TO VERBAL CUES AND JUMP ON LAND?**
   - NOT YET
   - TADPOLES

2. **IS THE SWIMMER COMFORTABLE WORKING WITH AN INSTRUCTOR WITHOUT A PARENT IN THE WATER?**
   - NOT YET
   - MINNOWS

3. **WILL THE SWIMMER GO UNDERWATER VOLUNTARILY?**
   - NOT YET
   - FROGS

4. **CAN THE SWIMMER DO A BACK FLOAT INDEPENDENTLY?**
   - NOT YET
   - SEAHORSES

5. **CAN THE SWIMMER SWIM 15 YARDS ON THEIR STOMACH?**
   - NOT YET
   - SEA TURTLES

6. **CAN THE SWIMMER SWIM 25 METERS FREESTYLE AND TREAD WATER FOR 20-30 SECONDS?**
   - NOT YET
   - OTTERS

7. **CAN THE SWIMMER SWIM 50 METERS FREESTYLE, 25 METERS BACKSTROKE AND BREASTSTROKES?**
   - NOT YET
   - TIGER SHARKS

8. **CAN THE SWIMMER SWIM 100 METERS FREESTYLE, 50 BACKSTROKE AND BREASTSTROKE, 25 BUTTERFLY AND TREAD WATER FOR 2 MINUTES?**
   - NOT YET
   - GREAT WHITES