



SWIM LESSON SELECTOR

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

6 MONTHS – 3 YEARS

3 – 5 YEARS OLD

6-12 YEARS OLD

13+ YEARS & OLDER

PARENT TOT:
TADPOLES & MINNOWS

PRESCHOOL:
FROGS - OTTERS

GRADE SCHOOL:
FROGS – GREAT WHITES

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

CAN YOUR SWIMMER RESPOND TO VERBAL CUES AND JUMP ON LAND?

NOT YET

TADPOLES

IS YOUR SWIMMER COMFORTABLE WORKING WITH AN INSTRUCTOR WITHOUT A PARENT IN THE WATER?

NOT YET

MINNOWS

**WILL YOUR SWIMMER GO UNDERWATER VOLUNTARILY?
CAN YOUR SWIMMER DO A BACK FLOAT INDEPENDENTLY?**

NOT YET

FROGS

CAN YOUR SWIMMER SWIM 5-10 'BIG ARMS' (FREESTYLE) INDEPENDENTLY?

NOT YET

SEAHORSES

CAN YOUR SWIMMER SWIM 15 YARDS ON THEIR STOMACH? CAN YOUR SWIMMER TREAD WATER FOR 15 SECONDS? CAN YOUR SWIMMER SWIM 5-10 BACKSTROKE STROKES?

NOT YET

SEA TURTLES

CAN YOUR SWIMMER SWIM 25 METERS FREESTYLE, AT LEAST 15 METERS BACKSTROKE AND TREAD WATER FOR 20-30 SECONDS?

NOT YET

OTTERS

CAN YOUR SWIMMER SWIM 50 METERS FREESTYLE, 25 METERS BACKSTROKE AND BREASTROKE, AS WELL AS HALF A LAP OF BUTTERFLY?

NOT YET

TIGER SHARKS

CAN YOUR SWIMMER SWIM 100 METERS FREESTYLE, 50 BACKSTROKE AND BREASTROKE, 25 BUTTERFLY AND TREAD WATER FOR 2 MINUTES?

NOT YET

GREAT WHITES