

Group Lesson Levels

At What Level Should I Begin?

Are you comfortable submerging fully, as well as floating on your back and front?

Yes

No

Level 1

Can you swim for 5 ft. on your front and back without flotation and use rhythmic breathing?

Yes

No

Level 2

Can you swim on your front and back for 15 yards without a flotation device, tread water, and do the breaststroke?

Yes: Age 14+

Swim Fit

No

Level 3

Yes: Age 6-13

Level 4