

WHICH SWIM LESSON LEVEL SHOULD I REGISTER FOR?

Learn to swim or advance your skills! Float through the chart below to find what level you should begin with. Questions? Contact: aquatics@fcgov.com

3.5 YEARS AND YOUNGER

Is this the first swim lesson for the infant/toddler, age 3.5 or younger?

If Yes, Enroll in **BABY & ME** If No, **CONTINUE**

3 - 6 YEARS

Can the swimmer put their face underwater, blow bubbles, front float, flutter kick with support?

If Yes, Enroll in **PRESCHOOL 2** If No, **PRESCHOOL 1**

Is the swimmer consistently comfortable in the water without an adult, and over the age of 3?

If Yes, Enroll in **PRESCHOOL 1** If No, **BABY & ME**

5 - 12 YEARS

Can the swimmer front float, back float, front glide, and back glide with support?

If Yes, Continue If No, **PRESCHOOL 2 (FOR 3-6 YEARS OLD)**

Can the swimmer perform the front crawl with their face in water, back glide while kicking their legs, roll from front to back/back to front?

If Yes, Continue If No, **LEVEL 1**

Can the swimmer flutter kick 25 yards (one length) with a kickboard on front and back, perform elementary backstroke, front float and back float for 10 seconds, perform front crawl and back crawl for 5 body lengths, rotary breathe using a kickboard, and jump into deep water independently?

If Yes, Continue If No, **LEVEL 2**

Can the swimmer perform front crawl, back crawl and elementary backstroke for 25 yards, tread water for 1 minute, do dolphin and whip kick for 10 yards, flutter kick 50 yards with a kickboard, and use rotary breathing while swimming the front crawl?

If Yes, Continue If No, **LEVEL 3**