Swim Lesson Flow Chart

Can your swimmer comfortably put their head underwater and blow bubbles?

No → **Sign up for Level 1!**

Yes ↓

Is your swimmer comfortable in the water and can swim 10 feet on their own?

No → **Sign up for Level 2!**

Yes ↓

Can your swimmer tread water for 1 minute, float on their own for 30 seconds, and swim 15 yards of front crawl (freestyle) and elementary backstroke?

No → **Sign up for Level 3!**

Yes ↓

Can your swimmer swim 25 yards of front crawl (freestyle), 15 yards of backstroke, 15 yards of breaststroke, and 15 yards of butterfly?

No → **Sign up for Level 4!**