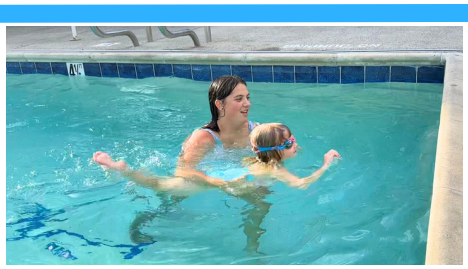
YOUTH SWIM LESSONS
CLASES DE NATACIÓN PARA JÓVENES

USE THIS GUIDE TO HELP DECIDE WHAT LESSON TO ENROLL YOUR CHILD IN



3 YEARS OLD

TADPOLES



4 YEARS OLD

TADPOLES
If they have never swam before or are uncomfortable in the water

WATERFROGS
If they are able to hang on the side of the pool comfortably for the entire lesson

5 YEARS OLD

WATERFROGS
If this is their first swim lesson

MINNOWS
If they are comfortable with fully submerging their head underwater

LEVEL 1
If they can front/back float unassisted & swim at 50% unassisted

6 YEARS OLD

SEA OTTERS
If they are a first time swimmer or unsure in the water

MINNOWS
If they comfortable fully submerging their head under water

LEVEL 1
If they can front/back float unassisted & swim at 50% unassisted

LEVEL 2
If they can swim freestyle 50% unassisted and have attempted side breathing

LEVEL 3
If they can swim freestyle and backstroke with side breathing 75% unassisted

7-9 YEARS OLD

SEA OTTERS
If they are a first time swimmer or unsure in the water

LEVEL 1
If they can front/back float unassisted & swim at 50% unassisted

LEVEL 2
If they can swim freestyle 50% unassisted and have attempted side breathing

LEVEL 3
If they can swim freestyle and backstroke with side breathing 75% unassisted

10-12 YEARS OLD

LEVEL 1
If they can front/back float unassisted & swim at 50% unassisted

LEVEL 2
If they can swim freestyle 50% unassisted and have attempted side breathing

LEVEL 3
If they can swim freestyle and backstroke with side breathing 75% unassisted