



# Swim America Level Descriptions

Summer Swim Lessons will check in at the south gate. You can check in up to 10 minutes before your session start time. All pools will be cleared at Noon each day. Once a session begins no refunds will be issued. Make up lessons are not available during Summer Swim Sessions.

**Level 1- Bubbles, Bubbles, Bubbles!** This Level is designed to get kids comfortable in the water and working with an instructor. To pass this level, kids need to complete 10 relaxed Bobs (going under the water blowing bubbles and coming back up) Normal age range for this level is 3-5 years old.

**Level 2- Floats!** This level is designed to get kids more comfortable in the water and comfortable floating on their front and back. To pass the level, kids need to be able to float on their front and their back unassisted. Normal age range for this level is 3-5 years old.

**Level 3- Kicks and Jumps!** This level is designed to get kids comfortable jumping in water over their head and moving through the water. To pass this level, kids need to be able to jump into the water, surface, roll to their back and yell for help. They also need to be able to kick on their front and back unassisted. Normal age range for this level is 5-6 years old.

**Level 4- Side Glide!** This level is designed to teach kids to kick and breathe while lying on their side. To pass this level, kids need to be able to perform Side Glide Kick 15 feet unassisted and be able to do freestyle arms 15 feet. Normal age range for this level is 6-7 years old.

**Level 5- Freestyle!** This level is designed to get kids swimming with correct breathing. To pass this level, kids need to swim 30 feet with side breathing. Normal age range for this level is 7-8 years old.

**Level 6- Freestyle and Backstroke!** This level is designed to get kids swimming a longer distance in the freestyle as well as learning backstroke. To pass this level, kids need to be able to swim freestyle and backstroke 25 yards (the full length of the pool). Normal age range for this level is 7-8 years old.

**Level 7- Breaststroke!** This level is designed to get kids swimming longer distances in the freestyle and backstroke as well as learning the kick for breaststroke. To pass this level, kids need to be able swim 50 yards freestyle and backstroke and perform breaststroke kick 20 feet. Normal age range for this level is 8-9 years old.

**Level 8-Breaststroke and Butterfly!** This level is designed to finish teaching breaststroke and start learning butterfly. To pass this level, kids need to be able to swim breaststroke 25 yards and do the dolphin kick 20 feet. Normal age range for this level is 9-10 years old.

**Pre-Team-Individual Medley!** This level is designed to finish teaching butterfly and to get kids ready for swim team. To pass this level, kids need to be able to do a 100 IM (25 yards of each stroke) and be able to swim 100 yards freestyle and backstroke. When kids pass this level, they will have completed all 10 levels and will be able to join the swim team. Normal age range for this level is 11-12 years old.

**Parent-Tot** - This Level is designed to get kids comfortable in the water with parents and instructors working to lessen any separation anxiety or being scared of the water. To pass this level, kids need to complete 10 relaxed Bobs (going under the water blowing bubbles and coming back up). Normal age range for this level is 6 month -3 years old. Parent gets into the pool with child and follow the instructor's instruction.