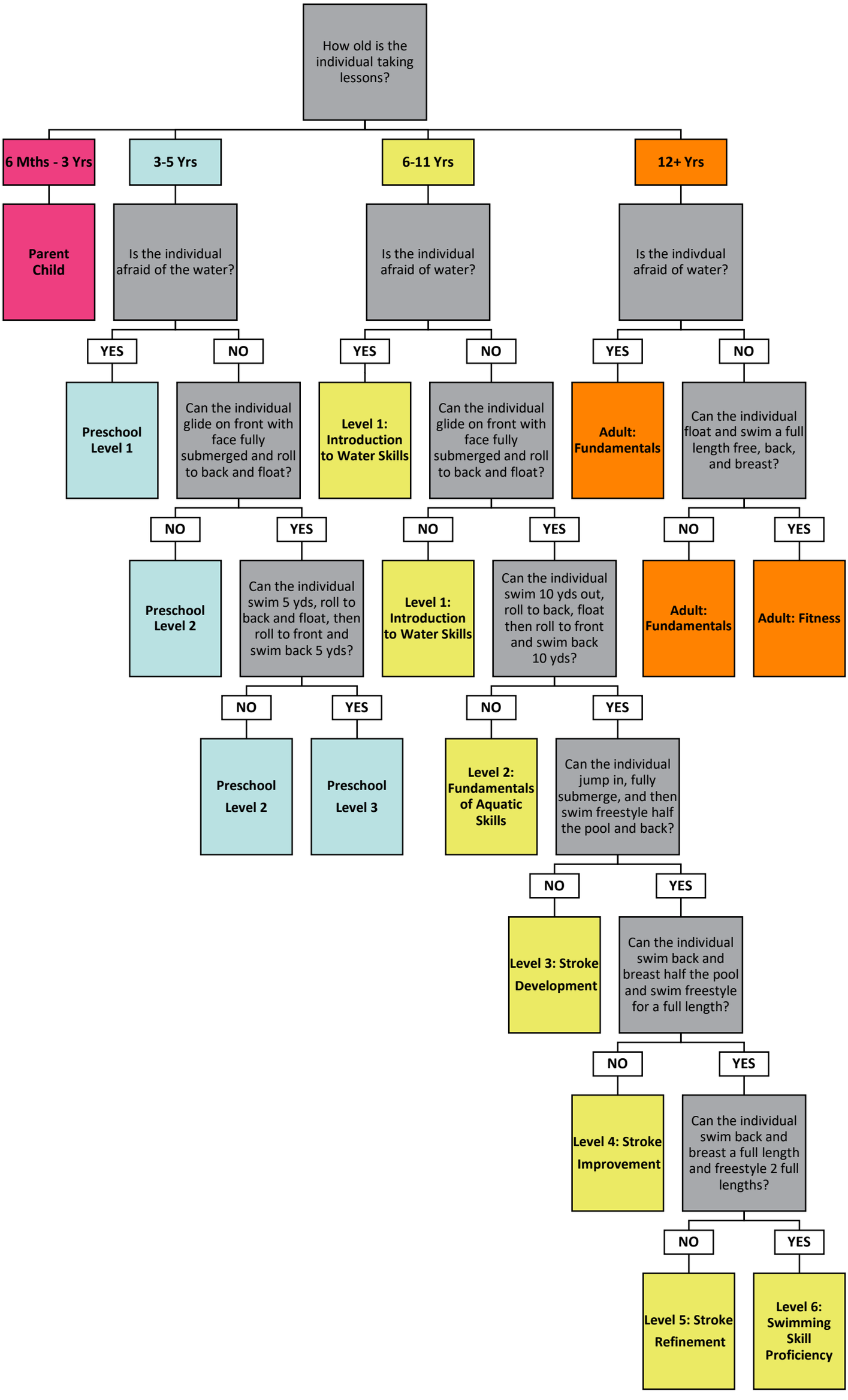
How old is the individual taking lessons?
6 Mths - 3 Yrs
3-5 Yrs
6-11 Yrs
12+ Yrs
Parent Child
Is the individual afraid of the water?
Is the individual afraid of water?
Is the indivdual afraid of water?
YES
NO
Preschool Level 1
Can the individual glide on front with face fully submerged and roll to back and float?
Level 1: Introduction to Water Skills
Can the individual glide on front with face fully submerged and roll to back and float?
Adult: Fundamentals
Can the individual float and swim a full length free, back, and breast?
Preschool Level 2
Can the individual swim 5 yds, roll to back and float, then roll to front and swim back 5 yds?
Level 1: Introduction to Water Skills
Can the individual swim 10 yds out, roll to back, float then roll to front and swim back 10 yds?
Adult: Fundamentals
Adult: Fitness
Preschool Level 2
Preschool Level 3
Level 2: Fundamentals of Aquatic Skills
Can the individual jump in, fully submerge, and then swim freestyle half the pool and back?
Level 3: Stroke Development
Can the individual swim back and breast half the pool and swim freestyle for a full length?
Level 4: Stroke Improvement
Can the individual swim back and breast a full length and freestyle 2 full lengths?
Level 5: Stroke Refinement
Level 6: Swimming Skill Proficiency