

Swim Lessons Criteria

For children 3 - 5 years old

Preschool 1

Blowing bubbles (5 seconds)
Front float (5 seconds)
Back float (5 seconds)

Preschool 2

Five rhythmic bobs
Rocketship arms (1.5 yards)
Crawlstroke (1.5 yards)
Penguin arms (1.5 yards)

Preschool 3

Crawlstroke (3 yards)
Sidebreathing
Backstroke (3 yards)
Monkey, tree, banana (3 yards)

Preschool 4

Crawlstroke (16 yards)
Backstroke (16 yards)
Breaststroke kick (16 yards)
Breaststroke (16 yards)

For children 6 years old and up

Youth 1

Blowing bubbles (5 seconds)
Five rhythmic bobs
Front float (5 seconds)
Back float (5 seconds)

Youth 2

Rocketship arms (5 yards)
Crawlstroke (5 yards)
Penguin arms (5 yards)

Youth 3

Crawlstroke (7 yards)
Sidebreathing
Backstroke (7 yards)
Monkey, tree, banana (7 yards)

Youth 4

Crawlstroke (21 yards)
Backstroke (21 yards)
Breaststroke kick (21 yards)
Breaststroke (21 yards)

Youth 5

Crawlstroke (25 yards)
Backstroke (25 yards)
Breaststroke (25 yards)
Dolphin kick (25 yards)

Youth 6

Crawlstroke (50 yards)
Backstroke (50 yards)
Breaststroke (50 yards)
Butterfly (25 yards)

Youth 7

Crawlstroke (100 yards)
Backstroke (100 yards)
Breaststroke (100 yards)
Butterfly (50 yards)

