

School Age Swim Lessons Ages 6-12

START HERE

Is there a high probability that your child would...

- Have a hard time being safe and following directions in a group setting?
- Have intense fear or anxiety of water that is chest height/ goes over their head?
- Have fear of being with people they don't know?

YES

**-Parent Child
School Age 1**

-Private Lessons

-Parents can sign up for this class even if they answer no to all these questions. It's optional for them to get in to help their child with direction following and fear. They can still sign their child up for this class as a level 1, but they need to understand that other parents might be in the water assisting their own child.

NO

Will your child submerge their entire head under water?

NO

-School Age 1

YES

Can your child glide underwater 5ft and float on their backs for 20 sec?

NO

-School Age 2

YES

Can your child swim on their front and back 15 yd?

NO

-School Age 3

YES

Can your child swim front crawl and back crawl 15 yd and tread water for 1 minute?

NO

-School Age 4

YES

Can your child swim 50 yd non-stop? Can they do front crawl, back crawl and breaststroke for 25 yd and tread water for 2 min?

NO

-School Age 5

YES

-School Age 6