



Find the right level for your child!

# SWIM LESSON SELECTOR



**Guppy Group**  
**Swim Starters**  
Ages 6 - 36 months  
Parent + child in the water

**PERFECT FOR CHILDREN WHO ARE:**

- New to the water
- Learning to feel comfortable in the pool with a parent
- Beginning to explore water through play

**SKILLS FOCUSED ON:**

- Water comfort and confidence
- Blowing bubbles and face wetting
- Assisted floating and kicking
- Safe entries and exits
- Parent-child water interaction



**Turtle Group**  
**Stage 1:**  
**Water Acclimation**  
Ideal for swimmers who are new to the water

**PERFECT FOR CHILDREN WHO ARE:**

- New swimmers
- Learning to feel comfortable in the water without a parent
- Beginning to put their face in the water

**SKILLS FOCUSED ON:**

- Submerging face in water
- Assisted floating on front and back
- Short glides through the water
- Jumping into the pool safely
- Independent pool exits

No →

Is your child comfortable putting their face in the water?

Yes →

No →

Can your child swim 10 - 15 feet independently?

Yes →

No →

Can your child swim freestyle with rotary breathing for entire length of the pool?

Yes →



**Seahorse Group**  
**Stage 2:**  
**Water Movement**

**PERFECT FOR CHILDREN WHO ARE:**

- Comfortable putting their face in the water
- Ready to move independently through the water
- Learning basic floating and kicking skills

**SKILLS FOCUSED ON:**

- Independent floating (front + back)
- Front and back glides
- Basic kicking and body position
- Retrieving objects underwater
- Beginning coordinated movement



**Stingray Group**  
**Stage 3:**  
**Water Stamina**

**PERFECT FOR CHILDREN WHO ARE:**

- Beginning to swim short distances independently
- Ready to build endurance in the water
- Beginning to swim on both front and back

**SKILLS FOCUSED ON:**

- Swimming longer distances
- Front crawl + back crawl development
- Retrieving objects underwater
- Improved body position + breathing



**Dolphin Group**  
**Stage 4:**  
**Stroke Introduction**

**PERFECT FOR CHILDREN WHO ARE:**

- Comfortable swimming multiple lengths
- Ready to learn coordinated swim strokes
- Interested in improving endurance and technique

**SKILLS FOCUSED ON:**

- Front crawl (freestyle)
- Back crawl (backstroke)
- Breaststroke kick & coordination
- Diving and water safety skills
- Coordination and stroke mechanics



**Storm Prep Academy**  
**Pre-Competitive Program**  
Instructor-led

**PERFECT FOR CHILDREN WHO ARE:**

- Have completed Stage 4
- Are ready to refine swim strokes and build endurance
- Are interested in preparing for swim team
- Recommended by instructor

**SKILLS FOCUSED ON:**

- Front crawl with side breathing
- Back crawl with consistent body position
- Breaststroke kick and timing
- Introduction to butterfly kick
- Treading water + deep water skills



**NOT SURE WHERE TO START?**

Our instructors can help you choose the right swim lesson level.

**TEENS + ADULT SWIM LESSONS**

Classes are available for swimmers ages 13 & older.

