SWIM LESSON FLOW CHART

CHOICE HEALTH &FITNESS

Is your child comfortable in the water without an adult?

→ YES

→ NO

Little Swimmers Programs

9 months - 2 years | Parent & Me

2 - 3 years | Advanced Parent & Me

3 - 4 years | Tiny Tots (Potty Trained)

Is your child at least 4 years old?

→ YES

→ NO

Can your child float on their back and front with face in water unassisted for 10 sec?

→ YES

→ NO

Swimming Academy Levels

Level 1 | Sunfish

Can your child perform a streamline with kicking and face in water for at least 10 yards?

→ YES

→ NO

Level 2 | Perch

Can your child swim freestyle and elementary backstroke 25 yards?

→ YES

→ NO

Level 3 | Bass

Can your child swim freestyle, elementary backstroke, and backstroke for 50 yards?

→ YES

→ NO

Level 4 | Walleye

Can your child swim above strokes, breaststroke, and sidestroke for 50 yards, and tread water for at least 30 sec.

→ YES

→ NO

Level 5 | Northern Pike

Level 6 | Muskie