

# Swim Lessons Level Placement Guide

Please use this guide to determine which skill level best matches your child's abilities as a swimmer and which level they would most benefit from next. **Your child should be comfortable + confident in their ability to perform every skill-check in a level before considering them for the next step. Each level is listed with the recommended age beside it.**

*Classes are separated into two age groups starting with Sea Turtles.*

For more information, contact Brad Langston at [blangston@jccrochester.org](mailto:blangston@jccrochester.org).

## Tadpoles: 18–36 mos

Take the very first steps with us and discover how much fun water can be in a safe learning environment! This level centers around introducing our youngest swimmers to the pool by working on the very basics.

- Water entry and exit with a parent
- Blow bubbles on the surface with their nose above the water
- Assisted front float and tow with their chin in water
- Assisted back float and tow with their head on a(n) parent's/instructor's shoulder
- Assisted roll with their face out of water
- Assisted wall grab



## Guppies: 18–36 mos

Strengthen your foundation as we take the next steps towards independent aquatic exploration! This level focuses on gaining comfort under the water and how to safely enter, move within, and exit the pool.

- Assisted water entry and exit
- Blow bubbles with their mouth and nose submerged
- Assisted front float and tow while blowing bubbles
- Assisted back float and tow with their head on a(n) parent's/instructor's chest
- Assisted roll with their mouth and nose submerged
- Assisted monkey crawl on the edge for 5 feet

## Sea Turtles: 3–5 yrs/6–12 yrs

It's time to branch out! Students will take their first steps on their own as they focus on putting their face underwater, how to get around without the wall, and how to get back to safety.

- Enter and exit the water independently
- Submerge their face fully under water and bob up and down independently
- Assisted front and back float for 10 seconds with independent recovery
- Assisted front and back glide to the wall for 5 feet
- Assisted Jump, push, turn, and grab the edge of the pool
- Assisted roll with face submerged
- Assisted swim-float-swim for 10 feet

## Offers: 3–5 yrs/6–12 yrs

Let's get moving! In this level, students focus on independent movement in the water as well as improve their self-rescue skills.

- Submerge and look for an object underwater
- Front and back float for 10/20 seconds independently (based on age group)
- Front and back glide for 5/10 feet independently (based on age group)
- Jump, push, turn, and grab the edge of the pool independently
- Tread water for 10 seconds near the wall and then exit the water
- Swim-float-swim for 15 feet

## Dolphins: 3–5 yrs/6–12 yrs

Now that we know the basics, let's see how far we can go! Students at this level will work on their endurance, swimming farther than they ever have before.

- Submerge, identify, and retrieve an object in chest deep water
- Swim on their front and back for 30/45 feet each (based on age group)
- Jump, swim, turn, swim, and grab the edge of the pool independently
- Swim-float-swim for 45/75 feet (based on age group)

