

**ELEMENTARY BEGINNER
AGES 5 – 9 YEARS**

Focus is on water adjustment, bobbing under the water, floating, and beginner stroke.

Exit criteria: Must be able to swim 10 feet independently, put their face under for 10 seconds, and float on their backs for 10 seconds without assistance.

**ELEMENTARY INTERMEDIATE BEGINNER
AGES 5 – 9 YEARS**

Entrance criteria: Must be able to swim 10 independently, put their face under for 10 seconds, and float on their backs for 10 seconds without assistance.

Exit criteria: Must be able to swim front crawl and back crawl at least 20 feet and retrieve an object off the bottom in 3 foot deep water.

**ELEMENTARY ADVANCED BEGINNER
AGES 5 – 9**

Entrance criteria: Must be able to swim front crawl and back crawl at least 20 feet and retrieve an object off the bottom in 3 foot deep water.

Exit criteria: Must be able to swim front and back crawl 25 yards and breathe to the side on front crawl.

**SWIM TEAM READINESS
AGES 5-12**

Entrance criteria: Must be able to swim front and back crawl 25 yards and breathe to the side on front crawl.

Focus: Competitive stroke mechanics for front crawl, back crawl, breast stroke, and butterfly as well as competitive starts and turns.

Course may be repeated as often as desired since there is a very individual approach to teaching the class.

