

**PRE-SCHOOL BEGINNER
AGES 3 - 4 YEARS**

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

Exit criteria: Must be able to swim 5 feet independently, put their face under for 5 seconds, and float on their backs for 5 seconds without assistance.

**PRE-SCHOOL INTERMEDIATE BEGINNER
AGES 3 – 4 YEARS**

Entrance criteria: Must be able to swim 5 independently, put their face under for 5 seconds, and float on their backs for 5 seconds without assistance.

Exit criteria: Must be able to swim front crawl and back crawl at least 10 feet and retrieve an object off the bottom in 3 foot deep water.

**PRE-SCHOOL ADVANCED BEGINNER
AGES 3 - 4**

Entrance criteria: Must be able to swim front crawl and back crawl at least 10 feet and retrieve an object off the bottom in 3 foot deep water.

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 in order to register for Elementary Advanced Beginner. OR Must be able to swim front and back crawl 25 yards and breathe to the side on front crawl if they want to go into Swim Team Readiness.

