









SWIM LESSON ACADEMY

Program Level Guide

<p>H₂O Discover (3 months – 4 years)</p> 	<p>Can your child blow bubbles? Can your child put their head under the water? Can your child enter and exit the water safely?</p> <p>NO to ANY questions? Enroll in H₂O Discover YES to ALL questions? Move to H₂O Explore</p>
<p>H₂O Explore (3 months – 4 years)</p> 	<p>Can your child do 5 or more bobs? Can your child hold their breath for 3 seconds? Can your child glide assisted?</p> <p>NO to ANY questions? Enroll in H₂O Explore YES to ALL questions? Enroll in H₂O Prepare</p>
<p>H₂O Prepare (3 – 4 years)</p> 	<p>Can participant float unassisted? Can participant glide unassisted? Can participant front crawl and backstroke 4 yards?</p> <p>NO to ANY questions? Enroll in H₂O Prepare YES to ALL questions? Enroll in H₂O Develop</p>
<p>H₂O Develop (4 – 6 years)</p> 	<p>Can participant glide 4 yards? Can participant front crawl and backstroke 7 yards? Can participant dolphin kick?</p> <p>NO to ANY questions? Enroll in H₂O Develop YES to ALL questions? Enroll in H₂O Endurance</p>
<p>H₂O Endurance (5 – 8 years)</p> 	<p>Can participant glide and dolphin kick 7 yards? Can participant freestyle and backstroke 10 yards? Can participant breaststroke 4 yards</p> <p>NO to ANY questions? Enroll in H₂O Endurance YES to ALL questions? Enroll in H₂O Intro to Stroke</p>
<p>H₂O Intro to Stroke (5 – 8 years)</p> 	<p>Can participant freestyle, backstroke, and dolphin kick 15 yards? Can participant breaststroke 7 yards? Can participant butterfly 4 yards?</p> <p>NO to ANY questions? Enroll in H₂O Intro to Stroke YES to ALL questions? Enroll in H₂O Developmental Stroke</p>
<p>H₂O Developmental Stroke (5 – 8 years)</p> 	<p>Can participant freestyle and backstroke 25 yards? Can participant breaststroke 15 yards? Can participant butterfly 7 yards?</p> <p>NO to ANY questions? Enroll in H₂O Developmental Stroke YES to ALL questions? Enroll in H₂O Master Stroke</p>
<p>H₂O Master Stroke (7 – 12 years)</p> 	<p>Can participant freestyle and backstroke 50 yards? Can participant breaststroke 25 yards? Can participant butterfly 15 yards?</p> <p>NO to ANY questions? Enroll in H₂O Developmental Stroke</p>