

Learn-to-Swim Level Descriptions

Key

-  Offered at Magnolia Pool
-  Offered at Woodbury Pool
-  Offered at Gary Hall Pool

Baby Belugas: Ages 6 months - 3 years

Parent & Child

For children ages 6 months to 3 years. Parents and children participate in guided activities that emphasize fun, water comfort, and swim readiness. This course does not teach children to be independent swimmers or provide water survival skills. Swim diapers are required. One adult (18 years or older) must accompany each child in the water.

Little Fish: Ages 3-5

Level 1 - Starfish

For new swimmers ages 3-5. Starfish class introduces swimming and water safety to children with little or no previous swimming experience, who are comfortable in the water without parental assistance or floatation devices. Swim diapers are recommended.

Level 2 - Jellyfish

For children ages 3-5 who have passed Starfish level and are totally comfortable in the water and eager to start swimming independently.

Level 2- Jellyfish students can:

- Fully submerge their face and body underwater
- Float on their front and back for 3 seconds with minimal support.
- Use their arms and legs to move forward in the water.

Level 3 - Goldfish

For children ages 3-5 who have passed Level 2 - Jellyfish, and are swimming independently.

Level 3 - Goldfish students can:

- Swim independently on their front for approximately 10 feet
 - Roll independently from a front float to a back float
 - Use their arms and legs to move through the water on their back.
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Big Fish: Ages 6-14

Level 1 - Seahorse

For new swimmers ages 6–14. This level introduces swimming skills and water safety to children with little or no previous swim experience. Students build confidence in the water, swim short distances on their front and back, and develop safety skills in and around the water.

Level 2 - Sea Turtle

For children ages 6-14 who have passed Level 1 - Seahorse or Little Fish Level 3 - Goldfish and are swimming short distances independently.

Level 2 - Sea Turtle students can:

- Float independently on their front and back for 5 seconds
- Roll comfortably from front to back with minimal assistance
- Swim independently on their front and back for at least 10 feet

New skills in this level include side breathing, treading water, and elementary backstroke.

Level 3 - Sea Lion **Diving only at Woodbury**

For children ages 6-14 who have passed Level 2 - Sea Turtle or can:

- Float and tread in chest deep water for at least 15 seconds.
- Swim at least 20 feet on both front and back
- Use breath control techniques like rolling or sidebreathing while swimming.

New skills include stroke refinement and endurance, and the dolphin, breaststroke, and sidestroke kicks, and diving.

Level 4 - Dolphin **Diving only at Woodbury**

For children ages 6-14 who have passed Level 3 - Sea Lion, or can:

- Float or tread in chest deep water for 1 minute.
- Swim 45 feet of freestyle and backstroke.
- Swim 20 feet using dolphin, breaststroke, and sidestroke kicks.

New skills include breaststroke, sidestroke, and butterfly strokes, open turns, and the fundamentals of diving.

Level 5 - Shark

For children ages 7-14 who have passed Level 4 - Dolphin, or can:

- Swim 25 yards (75ft) freestyle, and backstroke
- Swim 45 ft of breaststroke and butterfly

New skills include endurance swimming, shallow angle and surface dives, and flip turns.

Level 6 - Orca

For children ages 7-14 who have passed Level 5 - Shark, or can:

- Swim 50 yards (150 ft) freestyle, and backstroke
- Swim 25 yards (75ft) breaststroke, butterfly, and sidestroke
- Tread water for 5 minutes

New skills include fitness swimming, diving, and personal water safety education.

Ages 15+

Adult Beginner

For new or inexperienced swimmers ages 15+

This class is designed to help participants gain basic aquatics skills and swimming strokes while learning to stay safe in and around the water.

Adult Intermediate

For swimmers ages 15+ who can swim short distances independently. This class emphasizes stroke refinement, breathing techniques, increased endurance, and improved efficiency in the water.

Private Lessons

Private

Semi-Private

Private swim lessons are personalized to each student's ability. Our instructors help kids and adults become more comfortable in the water while enhancing their swimming and water safety skills. These personalized lessons are ideal for students who learn better with individual attention, individuals with special needs, and students who have specific swimming goals.