

# GROUP SWIM LESSONS

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## LEVEL SELECTOR

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### FIND OUT YOUR CHILD'S SWIM LEVEL!

#### ALL SWIMMERS 3 YEARS AND YOUNGER:

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Baby & Me

#### ALL SWIMMERS 4 YEARS AND OLDER:

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Please answer the questions below to find your level! If you answer yes, continue to the next question.

CAN THE SWIMMER TRAVEL WITH THEIR FACE IN THE WATER (USING THEIR ARMS AND LEGS), ROLL ONTO THEIR BACK TO GET A BREATH, THEN ROLL BACK WITH THEIR FACE IN THE WATER TO TRAVEL AGAIN? MUST BE ABLE TO TRAVEL A DISTANCE OF 5 FEET.

NO: LEVEL 1

YES: CONTINUE TO NEXT QUESTION

CAN THE SWIMMER PERFORM FRONT CRAWL & BACK CRAWL FOR 15 FEET? TREAD WATER FOR 15 SECONDS?

NO: LEVEL 2

YES: CONTINUE TO NEXT QUESTION

CAN THE SWIMMER PERFORM FRONT CRAWL WITH SIDE BREATHING & BACK CRAWL HALFWAY ACROSS THE POOL (36 FEET)? HAVE THEY BEEN INTRODUCED TO BREASTSTROKE KICK? TREAD WATER FOR 1 MINUTE?

NO: LEVEL 3

YES: CONTINUE TO NEXT QUESTION

CAN THE SWIMMER PERFORM FRONT CRAWL W/ SIDE BREATHING, BACK CRAWL, AND BREASTSTROKE ACROSS THE ENTIRE POOL (25 YARDS)? DIVE HEAD-FIRST INTO THE DEEP END? TREAD WATER FOR 2 MINUTES?

NO: LEVEL 4

YES: PLEASE ASK ABOUT THE SHARKS SWIM TEAM!

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For more information about swim lessons, levels and the Sharks Swim Team, contact our Aquatics Director, Sam Gottlieb.

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