

Swim Lesson Level Enrollment Suggestions

Level 1

Best for children with no prior swim lessons. Participants typically have little to no experience going underwater. All skills—such as jumps, glides, and retrieving rings—are fully assisted until mastered.

Typical Ages: 2–3

Level 2

Best for children with some prior lesson experience. Swimmers can perform short distances, such as a glide from the wall to an instructor at close range. This may also be appropriate as a first lesson for children aged 4+. Participants are generally more comfortable in the water and ready to build foundational skills.

Typical Ages: 4–5

Level 3

Best for children typically ages 5+. Swimmers can move independently for short distances (approximately 10 strokes) but may not yet have proper breathing techniques or stroke form. Instruction focuses on swimming up to half the length of the pool while introducing freestyle, backstroke, and potentially breaststroke, along with unassisted jumping and diving.

Typical Ages: 5–7

Level 4

All Level 3 skills should be achieved. Swimmers work toward completing full laps of the pool while improving technique, endurance, and confidence.

Typical Ages: 7–9

Level 5

Designed for advanced swimmers ready for continuous lap swimming. Instruction focuses on refining all strokes and building endurance, with a goal of swimming at least two laps at a time.

Typical Ages: 9-12