

Level	Prerequisite
Parent & Me	<ul style="list-style-type: none"> • Children ages 1-4 • Adult must be in water the whole lesson • 1 child per adult
Preschool	<ul style="list-style-type: none"> • Ages 3+ • Adjusted to/enjoys water • Can put face in • Can float on back while supported for 5 seconds
Level 1	<ul style="list-style-type: none"> • Ages 5+ • Can float unsupported for 5 seconds • Can move comfortably through the water • Can fully submerge face • Can demonstrate combined arm and leg action on front and back • Can enter and exit water independently
Level 2	<ul style="list-style-type: none"> • Can float unsupported for 5 seconds • Can retrieve objects underwater • Can perform unsupported combined arm and leg movement on front and back • Can enter and exit water independently
Level 3	<ul style="list-style-type: none"> • Ages 7+ • Can coordinate arms and legs for front and back crawl for 5 body lengths • Can change direction while swimming • Can float unsupported for 30 seconds
Level 4	<ul style="list-style-type: none"> • Can jump into deep water • Can tread for 1 minute • Can demonstrate rotary breathing during front crawl • Can perform front and back crawl unsupported for 25 yards

* Please note that some levels may be combined for more efficient lessons

** Swimmers who complete Level 4 are encouraged to join the Baboosic Lake Swim Team