

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

\* 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