

Swim Lesson Expectations by Age

Use this chart to learn what we expect your child to accomplish during swim lessons with us. Of course, this chart is a general set of guidelines and some children will learn faster or slower than others.

Swimmer Age	Age-Appropriate Skills	“Mommy, I can...”
6-12 months	<ul style="list-style-type: none"> · Gain comfort in and around the water · Become comfortable with getting the head and face wet · Breath control during submersion · Connect physical movements to verbal cues · Grasp for and hold on to the pool steps/wall 	<ul style="list-style-type: none"> · Have fun in the pool/bathtub! · Get water on my head/ears/face · Go underwater without coughing · Kick when you ask me to · Grab the steps and climb out of the pool
1-2 years	<ul style="list-style-type: none"> · Blow bubbles · Use a flotation aid independently · Kick to generate propulsion · Self-submerge · Hand-crawl along the wall 	<ul style="list-style-type: none"> · Hold on the noodles and kick across the pool by myself · Go underwater by myself! · Slide down the wall to the stairs and get out of the pool

<p>2-3 years</p>	<ul style="list-style-type: none"> · Self-submerge with breath control for up to 5 seconds · Independently swim to an instructor or the steps/wall · Change direction while swimming in order to locate and reach a safe location · Back float 	<ul style="list-style-type: none"> · Push off the stairs and swim to Coach! · Find the wall and swim to it if I fall in the pool · Float on my back by myself, but Coach helps me get started
<p>3-4 years</p>	<ul style="list-style-type: none"> · Demonstrate buoyancy with front float · Use arm strokes to generate propulsion · Transition into a back float from a prone or vertical body position · Kick to generate propulsion while on the back · Self-regulate breathing while swimming · Jump into the pool and transition into swimming · Climb out of the pool not using the steps 	<ul style="list-style-type: none"> · Float on my tummy and know that I won't fall down in the water · Swim with big arms! · Roll onto my back so I can rest · Lay on my back and kick across the pool · Take a breath so I don't get too tired and I can make it all the way across the pool · Jump in the pool, swim back to the wall, and climb out (a whole Humpty-Dumpty) by myself!
<p>4-5 years</p>	<ul style="list-style-type: none"> · Rotate around the long axis from front to back · Use a body roll to breathe in-sequence · Use arms to generate propulsion on the back · Manipulate body position to perform a surface dive 	<ul style="list-style-type: none"> · Float on my back then flip to my tummy · Float on my tummy then flip to my back · Swim freestyle! · Swim backstroke! · Swim to the bottom of the pool by myself

5+ years

- Intro to Breaststroke
- Intro to Butterfly
- Flip-Turns
- Increasing Stroke Efficiency
- Building Endurance to Increase Distance