



SWIM LESSONS PLACEMENT GRID

Swim Lessons Placement Grid is a structured tool designed to assess and categorize swimmers based on their proficiency levels in various swimming skills. This grid serves as a reference for those wanting to register for lessons to effectively place themselves or children into appropriate swim lesson groups or classes.

Level	Class	Ages	Skills
Preschool	Parent & Child	6 months - 3yrs	<ul style="list-style-type: none"> Water acclimation for both parent and child. Introduction to basic water safety skills. Developing comfort in the water through games and songs. Gentle submersion and floating exercises for the child.
Preschool	Preschool	3 - 5yrs	<ul style="list-style-type: none"> Introduction to floating on front and back with support. Kicking with a kickboard or holding onto the wall. Introduction to basic arm movements for freestyle and backstroke. Learning to put face in the water and blow bubbles.
Beginner	Level 1 - Otter	6 - 11yrs	<ul style="list-style-type: none"> Introduction to front and back floats without assistance. Introduction to basic freestyle and backstroke arm strokes. Introduction to rhythmic breathing. Introduction to treading water with support.
Beginner	Level 2 - Jellyfish	6 - 11yrs	<ul style="list-style-type: none"> Development of freestyle and backstroke techniques with rotary breathing. Introduction to elementary backstroke. Introduction to diving from the side of the pool. Introduction to treading water without support.
Beginner	Level 3 - Seahorse	6 - 11yrs	<ul style="list-style-type: none"> Refinement of freestyle and backstroke techniques. Introduction to breaststroke and butterfly kicks. Introduction to underwater swimming and retrieval of objects. Swim 10 yards
Advanced	Level 4 - Dolphin	6 - 11yrs	<ul style="list-style-type: none"> Refinement of all four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. Introduction to flip turns for freestyle and backstroke. Introduction to open turns for breaststroke and butterfly. Swim 15 yards
Advanced	Level 5 - Stingray	7 - 13yrs	<ul style="list-style-type: none"> Advanced stroke refinement and endurance building for all four competitive strokes. Advanced diving techniques including forward dives and flip-turns Introduction to Sidestroke Swim 25 yards
Advanced	Level 6 - Orca	7 - 13yrs	<ul style="list-style-type: none"> Continued advanced stroke refinement of all four competitive strokes with efficient technique and endurance. Refinement on flip turns and open turns for all strokes. Refinement in diving techniques Swim 50 yards
	Private	Ages 3+	<ul style="list-style-type: none"> Customized instruction based on individual needs and goals. Personalized attention to overcome specific challenges or fears in the water. Intensive focus on specific stroke techniques, endurance, or water safety skills.
	Teen/Adult	Ages 14+	<ul style="list-style-type: none"> Tailored instruction to accommodate varying skill levels and goals. Introduction to basic water safety skills and stroke techniques. Learn diving, improve endurance, and develop confidence in the water.

If you require further assistance on which class to register for please feel free to contact Pool Manager at (510) 596-3779 or Supervisor (510) 596-4314