

6 MO - 3 YRS

Parent/Child

4-5 YRS

Are they ready to swim with an instructor WITHOUT a parent in the water?

NO

Parent/Child

YES

Are they comfortable in the water, including briefly going underwater?

NO

Tadpoles

YES

Can they swim a short distance without any assistance or floatation?

NO

Turtles

YES

Seals

6-12 YRS

Are they ready to swim with an instructor WITHOUT a parent in the water?

NO

Private Lessons

YES

Can they swim half a length on front and back?

NO

Jellyfish

YES

Can they swim full lengths & do front crawl with side breathing & show whip and dolphin kicks?

NO

Otters

YES

Dolphins

OR

Youth Swim Team (5-13 yo)

13 YRS - ADULT

Can they swim across the pool (25 yards) independently?

NO

Beginner

YES

Can they swim 100+ yards and use multiple different strokes?

NO

Do they want a structured class or less structured workout?

CLASS

Intermediate

YES

Masters (18+)

LESS STRUCTURE

Swim Lab

MN JCC Swim Lesson Level CHEAT SHEET

