



Is your child comfortable standing or sitting in the water without being held?

Group Lessons may not be the first step. Because lessons are NOT one-on-one, your child will have times where they will need to sit or stand on the step/wall independently of instructor, while still under instructor supervision. Please consult the Lessons Coordinator for more information on options regarding a better fit for your swimmers.

Can your swimmer willingly submerge eyes, nose, mouth & ears?

1
Level focuses on being comfortable in the pool (i.e. putting face the water)

Is your swimmer comfortable laying in water on their back with ears in water?

1
Level focuses on being comfortable in the pool (i.e. laying on back with ears submerged)

Can your swimmer swim forward on their stomach