

SWIM LESSON PREREQUISITES:

Youth Lesson Skills: ages 6-14 years

Youth 1: No skills required

Youth 2: Children who can free float for 5-10 seconds and swim 5 feet without support on their front and back.

Youth 3: Children who can swim 15 yards front crawl with rhythmic breathing and swim 15 yards of back crawl

Youth 4: Children who can swim 25 yards front crawl with rhythmic breathing, swim 25 yards back crawl and have basic knowledge of breast stroke and elementary backstroke

Youth 5: Children who can swim 50 yards and are proficient in above strokes