



SWIM LESSON SELECTION GUIDE

*Building Confidence, Safety, and
Lifelong Skills in the Water*

LEVEL 1: STARFISH

Ages: 6-36 months

Focus: Water acclimation and foundational skills

Goal: Swimmers can independently float
and remain calm in the water.



LEVEL 2: GUPPIES

Ages: 2-4 years

Focus: Building independence and confidence in the water

Goal: Gain confidence and develop swim-float-swim.



LEVEL 3: TURTLES

Ages: 4-6 years

Focus: Foundational strokes and safety habits

Goal: Develop basic swimming motions
with safety awareness.



LEVEL 4: DOLPHINS

Ages: 6-10 years

Focus: Building endurance and refining stroke technique

Goal: Strengthen technique, endurance,
and safety in deeper water.



LEVEL 5: STINGRAYS

Ages: 6+ years

Focus: Stroke refinement and advanced water skills

Goal: Prepare for swim team
and strengthen swimming ability.



LEVEL 6: SHARKS

Ages: 9+ years

Focus: Competitive readiness and teamwork

Goal: Swim team participation with confidence and skill.



Questions? Contact Alyssa Woodyard at alyssa_woodyard@parisrec.org