

SELECTION GUIDE



When in doubt, choose the lower level.

Focus more on the skills rather than the age range.

Instructors can adjust after the first class.

Our goal is safety, confidence, and success - level changes are normal!

PARENT-CHILD: STARFISH

Water Discovery

Ages: 6 mo-3 years

Goal

Water acclimation and foundational skills: back float, safe submersion

Choose Level 1 if: Your child is new to swim lessons or still building confidence in the water.

LEVEL 2: GUPPIES

Water Confidence

Ages: 3-5 years

Goal

Building independence and confidence in the water, develop swim-float-swim sequence

Choose Level 2 if: Your child is comfortable in the water but needs support to float and move.

LEVEL 3: TURTLES

Water Independence

Ages: 4-7 years

Goal

Developing freestyle and backstroke technique

Choose Level 3 if: Your child can move through the water on their own but is still developing technique and endurance.

LEVEL 4: DOLPHINS

Stroke Development

Ages: 7+ years

Goal

Building endurance, refining stroke technique, safety in deep water

Choose Level 4 if: Your child is swimming independently and ready to develop all 4 strokes.

QUESTIONS?

Please contact our Aquatics Director at alyssa_woodyard@parisrec.org