

Which Level is right for my swimmer?

When starting out it is very important to place your swimmer in the correct level in hopes of a comfortable and positive first experience. The following is a step by step guideline for parents to help get their swimmers off to a great start.

- 1) Read each level description.
- 2) Stop by and watch a workout first and meet the coaching staff on deck.
- 3) When in doubt select the level that may seem easiest (it is always better to promote a swimmer to a level higher if needed (Age guidelines are suggested only, skill level is most important).
- 4) At the end of each session your coach will advance your swimmer if they feel it is warranted.

Level 1: (Ages 5-8) 25 freestyle with good rhythmic lateral breathing

Level 2: (Ages 7-10) Continuous Freestyle 3 legal strokes

Level 3: (Ages 9-12) Legal 200 IM

Pre-Senior: (Ages 11 & up) Coach placement*

Senior: (Ages 13 & up) Coach placement*

