Sunrise RECREATION & PARK DISTRICT

Swim Lesson Placement Chart

	Parent & Child	Preschool Beginner	Preschool Intermediate / Advanced	Beginner	Intermediate	Swimmer	Advanced Swimmer	Pre-Competitive	Adaptive
Class	**Starfish**	**Polliwog**	**Frog**	**Minnow**	**Goldfish**	**Manta Ray**	**Sea Lion**	**Dolphin**	**Octopus**
Ages	**6mo - 3**	**3 - 5**	**3 - 6**	**5 - 12**	**6 - 14**	**6 - 14**	**6 - 14**	**6 - 14**	**3 +**
Requires parent's assistance	X								
Blows bubbles		X	X	X	X	X	X	X	
Submerges Face		X	X	X	X	X	X	X	
Front & back floats		X	X	X	X	X	X	X	
Flip from front to back		X	X	X	X	X	X	X	
Swims small distances			X	X	X	X	X	X	
Treads water			X	X	X	X	X	X	
Knowledge of freestyle			X	X	X	X	X	X	
Knowledge of backstroke			X	X	X	X	X	X	
Swims 10 yards on front			X	X	X	X	X	X	
Swims 10 yards on back				X	X	X	X	X	
Swims elementary backstroke				X	X	X	X	X	
Able to side breathe					X	X	X	X	
Swims 15 yards					X	X	X	X	
Able to dive						X	X	X	
Knowledge of breaststroke						X	X	X	
Swims 25 yards						X	X	X	
Knowledge of sidestroke						X	X	X	
Knowledge of butterfly						X	X	X	
Swims 50 yards							X	X	
Knowledge of flip turns							X	X	
Swims 100 yards								X	