

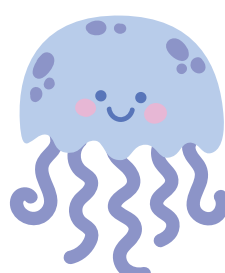
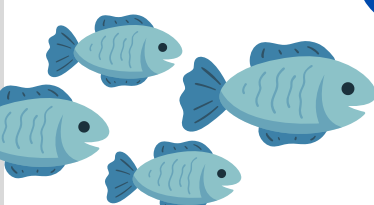
WHAT LEVEL AM I?

SAILFISH SWIM SCHOOL

CAN I PUT MY HEAD UNDER? →

YES

Not yet!



MINNOW AGE 3-5

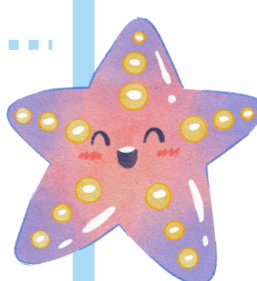
Swimmers become comfortable in water through floating and basic mechanics with assistance. Minnows pass to Jellyfish by submerging head unassisted.

JELLYFISH AGE 3-5

Swimmers become independent in the water through glides and assistance with basic mechanics. Jellyfish pass to Catfish with 3 consecutive bobs and swim two body lengths with assistance.

STARFISH AGE 5+

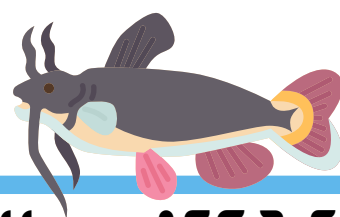
Swimmers learn to move confidently in water through an introduction to basic swimming mechanics. Starfish pass to Goldfish by submerging head and swimming two body lengths unassisted.



CAN I SWIM ON MY OWN?

YES!

I STILL
NEED HELP



CATFISH AGE 3-5

Children improve upon basic skills and coordination improvement through freestyle and backstroke. Catfish pass to Goldfish by swimming two body lengths unassisted.

CAN I SWIM ACROSS THE POOL?

YES!

Almost

DOLPHIN AGE 5+

Children improve swimming mechanics and learn elementary backstroke.

SHARK AGE 5+

Swimmers practice freestyle endurance and learn breaststroke and butterfly. 25yards (deep water test) is required to be in this level.

GOLDFISH AGE 5+

Children become confident in freestyle and backstroke while learning to rotary breathe. Goldfish pass to Dolphin by swimming at least five body lengths freestyle.



Private lessons are available. Fill out an online form at <https://jccpgh.org/sports/aquatics/squirrel-hill/> and an instructor will reach out when available.