

# WHAT LEVEL AM I?

## SAILFISH SWIM SCHOOL

CAN I PUT MY HEAD UNDER? →

YES!

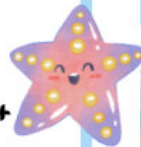


NOT YET!



### MINNOW AGES 3-5

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



### STARFISH AGES 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.

### JELLYFISH AGES 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.



CAN I SWIM ON MY OWN? ↓

YES!

I STILL  
NEED HELP →



### CATFISH AGES 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? →

ALMOST

YES!

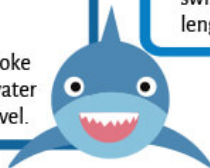


### DOLPHINS AGES 5+

Children improve swimming mechanics and learn elementary backstroke.

### SHARKS AGES 5+

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



### GOLDFISH AGES 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.

