



Swim Lesson Program Entry Points Chart		
Age	Skill Level(s)	Lesson Category & Level Starting Point
3-36 months	Water Acclimation	Basic Survival
	Water Submersion & Roll Face-Up	Advanced Survival
	Water Acclimation	Parent-Child Level One
	Assisted Back Float	Parent-Child Level Two
3-6 years	Water Acclimation	Instructional – Lil Tykes – Level One
	Roll Face-Up	Instructional – Lil Tykes- Level Two
	Front & Back Glides	Instructional – Lil Tykes – Level Three
6+ years	Tread Water; Flutter Kick; Basic Front Crawl	Instructional – Inclusive – Level One
	Basic Front Crawl; Basic Back Crawl; Basic Breaststroke; Butterfly Kick	Instructional – Inclusive - Level Two
8+ years	Back Float	Competition – Splashers
	Full Submersion; Back Glide; Basic Back Crawl	Competition – Flippers
15+ years	Tread Water; Basic Front Crawl; Basic Back Crawl; Basic Breaststroke; Basic Flip Turn; Butterfly Kick	Competition - Fins
Adult	Customize lesson(s) based upon assessment of current skill level(s)	
Special Abilities	Customize lesson(s) based upon assessment of current skill level(s) & desired outcome. Modified Certificates of Completion are available in the ATC Online Portal	