



TRAIL POINT SWIM ACADEMY LEVEL GUIDE

Fall 2018 Group Lessons
September 4-October 26
\$50 Members / \$95 Non-Members

H₂O Discover	3 months – 3 years
LEVEL GUIDE	
Can your child blow bubbles? Can your child put their head under the water? Can your child enter and exit the water safely?	
NO to ANY questions? Enroll in H ₂ O Discover	YES to ALL questions? Move to H ₂ O Prepare
H₂O Prepare	3 – 4 years
LEVEL GUIDE	
Can participant float unassisted? Can participant glide unassisted? Can participant front crawl and backstroke 4 yards?	
NO to ANY questions? Enroll in H ₂ O Prepare	YES to ALL questions? Move to H ₂ O Develop
H₂O Develop	4 – 6 years
LEVEL GUIDE	
Can participant glide 4 yards? Can participant front crawl and backstroke 7 yards? Can participant dolphin kick?	
NO to ANY questions? Enroll in H ₂ O Develop	YES to ALL questions? Enroll in H ₂ O Endurance
H₂O Endurance	5 – 8 years
LEVEL GUIDE	
Can participant glide and dolphin kick 7 yards? Can participant freestyle and backstroke 10 yards? Can participant breaststroke 4 yards?	
NO to ANY questions? Enroll in H ₂ O Endurance	YES to ALL questions? Enroll in H ₂ O Stroke
H₂O Intro to Stroke	5 – 8 years
LEVEL GUIDE	
Can participant freestyle, backstroke, and dolphin kick 15 yards? Can participant breaststroke 15 yards? Can participant butterfly 4 yards?	
NO to ANY questions? Enroll in H ₂ O Intro to Stroke	YES to ALL questions? Enroll in H ₂ O Developmental Stroke
H₂O Developmental Stroke	6+ years
LEVEL GUIDE	
Can participant freestyle and backstroke 25 yards? Can participant breaststroke 25 yards? Can participant butterfly 15 yards?	
NO to ANY questions? Enroll in H ₂ O Developmental Stroke	YES to ALL questions? Enroll in H ₂ O Master Stroke
H₂O Master Stroke	8+ years
LEVEL GUIDE	
Can participant freestyle and backstroke 50 yards? Can participant breaststroke 25 yards? Can participant butterfly 25 yards?	
NO to ANY questions? Enroll in H ₂ O Developmental Stroke	YES to ALL questions? Enroll in H ₂ O Master Stroke
Private Swim Lessons	All Ages
Register with the Aquatics Office Email: aquatics@mytrailpoint.com Call: 515-289-9548	