



Swimming Lessons - Level Descriptions

Dimple Dell Fitness & Recreation Center
10670 S. 1000 E. | Sandy, UT 84094
(385) 468-3355



Pre-Swim School (Ages 3-4)

White/Red - Your child is timid around the water and can't swim at all. They are hesitant to get their face wet and jump in the water. This level focuses on trust and submersion, body position and air recovery in the water.

Yellow - Your child is not afraid of the water! They can float on their front and back without support. They can jump into the water and return to the surface on their own. This level focuses on forward movement and direction change.

Blue/Green - Your child can swim under the water or on the surface without support. They can swim freestyle with rotary (side) breathing without support. They have a basic knowledge of treading water. This level focuses on rotary movement and integrated movement.



Swim School (Ages 5-17)

White/Red - Your child is timid around the water and can't swim at all. They are hesitant to get their face wet and jump in the water. This level focuses on trust and submersion, body position and air recovery in the water.

Yellow - Your child is not afraid of the water! They can float on their front and back without support. They can jump into the water and return to the surface on their own. This level focuses on forward movement and direction change.

Blue/Green - Your child can swim under the water or on the surface without support. They can swim freestyle with rotary (side) breathing without support. They have a basic knowledge of treading water. This level focuses on rotary movement and integrated movement.



Stroke School (Ages 5-17)

White/Red - Your child has passed the Swim School - Blue/Green benchmark. Your child can swim unassisted for 30 feet. They need beginning stroke refinement for Freestyle and Backstroke. This level focuses on Freestyle and Backstroke.

Yellow/Blue - Your child has passed the Stroke School - White/Red benchmark. Your child can swim Freestyle and Backstroke correctly for 30 feet. They need beginning stroke refinement for Breaststroke and Butterfly. This level focuses on Breaststroke and Butterfly.

