



**JUNIOR  
GOLDFINS**

# PROGRAM LEVELS

*Checklist for choosing the appropriate level of Junior Goldfins swimming lessons for your child  
Register your swimmer for the highest level for which they can meet the listed requirements*



- Can put face in the water
- Can float on front & back assisted
- Minimum age 4 years
- Level equivalency
  - Red Cross: Sea Otter, Salamander, or Swim Kids 1
  - YMCA: Ray



- Can swim on front & back 10M with arm action
- Can enter water unassisted
- Is comfortable in deep water (2.0M)
- Approximate ages 6 - 7 years
- Level equivalency
  - Red Cross: Sunfish or Swim Kids 2-3
  - YMCA: Starfish or Guppy



- Can complete 25M Freestyle stroke breathing to the side
- Can complete 20M Backstroke with arm and kick action
- Is comfortable in deep water (2.0M)
- Approximate ages 7 - 9 years
- Level equivalency:
  - Red Cross: Swim Kids 4-5
  - YMCA: Minnow or Guppy



- Can complete 50M Freestyle stroke breathing to the side
- Can complete 25M Backstroke with arm and kick action
- Can perform Breaststroke Kick
- Is comfortable in deep water (2.0M)
- Approximate ages 8 - 10 years
- Level equivalency
  - Red Cross: Swim Kids 6-7
  - YMCA: Flying Fish or Shark