

LEARN TO SWIM

With Dallas Aquatics

What Level Am I?

Dallas Aquatics strives to provide superior swimming lessons. In order to challenge you, we ask you to sign up for the level that best fits your abilities. This ensures that participants are grouped together and lessons run smoothly. Please review the list to the right to find the right level for you!



Can you put your face in the water comfortably?

- No. [Level 1](#)
- Yes. Continue

Can you do a front and back float without assistance?

- No. [Level 1](#)
- Yes. Continue

Can you glide with your arms above your head in a streamline position?

- No. [Level 1](#)
- Yes. Continue

Do you know how to do Freestyle arm strokes?

- No. [Level 2](#)
- Yes. Continue

Can you do Freestyle for 10 yards, take a breath, and continue swimming without stopping?

- No. [Level 2](#)
- Yes. Continue

Do you know Elementary Backstroke and Dolphin kick?

- No. [Level 3](#)
- Yes. Continue

Can you swim 25 yards of Freestyle and Backstroke without stopping?

- No. [Level 4](#)
- Yes. [Level 5](#)