

Swim Ability Chart

RATING

Complete
Beginner

Super
Fast!

1 **2** **3** **4** **5** **6** **7** **8** **9** **10**

Freestyle
Only

Freestyle
Only

Freestyle
Only

Freestyle
Only

Freestyle
Only

11:00
or
more

10:00

8:30

7:30

6:30

6:00

5:30

5:00

4:30

4:00
or less

TIME TO SWIM 250 YARDS
(minutes:seconds)