

Swimming Level Requirements

Level 1 - Water Exploration

- Enter and exit water/walk in water
- Submerge face ~3 sec
- Blow bubbles
- Open eyes-pick up object from bottom
- Float on front/recover/support
- Float on back/recover/support
- Change direction walking and paddling
- Roll over front to back-back to front/support
- Treading-arm movements-chest deep
- Front-Alt and simultaneous arm action/support
- Front-Alt and simultaneous leg action/support
- Combined stroke on front/support
- Back-Alt and simultaneous arm action/support
- Back-Alt and simultaneous leg action/support
- Combined stroke back/support
- Life jackets

Level 2 - Primary Skills

- Enter water-steps or jump
- Submerge entire head
- Blow bubbles-bob rhythmically
- Open eyes-pick up object from bottom
- Float on front/recover/unsupported
- Front glide/unsupported/2 body lengths
- Jellyfish float
- Backfloat/recover/unsupported
- Backglide/2 body lengths
- Change direction front to back
- Roll over front to back-back to front
- Treading arms & legs/ chest deep
- Swim on front/ 15 feet
- Sculling-firming
- Swim on back/ 15 feet
- Swim on side/legs only/support
- Life jacket
- Butterfly legs unsupported
- Butterfly arms unsupported

Level 3 - Stroke Readiness

- Bob 10 times everyday
- Rotary breathing 10 times everyday
- Submerge & retrieve object from bottom
- Front glide 2 body lengths with kick
- Back float
- Back glide with kick
- Survival float 30 seconds
- Front-vertical-back
- Tread water 30 seconds
- Jump into water
- Dive from side-sitting or kneeling
- Front Crawl/15 yds
- Butterfly kick & body motion 15 yds
- Back Crawl/15 yds
- Life jacket-help & huddle positions
- Elementary Backstroke kick
- Breaststroke kick
- Elem. Backstroke. Arms combined with flutter kick-15 yds

Level 4 - Stroke Development

- Dive from side
- Swim under water
- Feet first surface dive
- Survival float
- Back float
- Bobbing 15 times
- Open turn on front
- Open turn on back
- Treading 1 min (modified scissors, breaststroke kick, rotary)
- Front Crawl 25 yds
- Breaststroke 15 yds
- Butterfly 15 yds
- Back Crawl 25 yds
- Elementary back 15 yds
- Scissors kick 15 yds
- Compact jump with life jacket

Level 5 - Stroke Refinement

- Shallow dive
- Bob 20 times
- Swim under water 15 yds
- Tuck & Pike surface dive
- Survival float 2 min
- Back float 2 min
- Flip turn front & back
- Tread water 2 kicks 2 min (modified scissors, breaststroke, rotary)
- Front Crawl 50 yds
- Butterfly 25 yds
- Breaststroke 25 yds
- Back Crawl 50 yds
- Elementary back 25 yds
- Side stroke 25 yds
- Survival swimming 2 min
- Rescue breathing

Level 6 - Skill Proficiency

- Front Crawl 100 yds
- Back Crawl 100 yds
- Breast stroke 50 yds
- Elementary backstroke 50 yds
- Side stroke 50 yds
- Butterfly 50 yds
- Front Crawl open turn
- Sidestroke open turn
- Backstroke open turn
- Breaststroke turn
- Butterfly turn
- Front flip turn
- Backstroke flip turn
- Feet first surface dive
- Pike surface dive
- Tuck surface dive
- Tread water 5 min
- Tread water feet only 2 min
- Surface dive & retrieve object 7-10 feet deep
- Reaching & throwing assists
- Rescue breathing
- Swim on back holding object, face out of water 25 yds.
- Hip & shoulder support
- Head splint
- Backboard

