

LEVEL 1 | Intro to Water Skills

- 5 to 12 years | Ratio 4:1
- Level 1 students learn to feel comfortable in the water and will be introduced to basic water competency skills with assistance.
- Skills learned
 - enter and exit the water using ladder, steps, or side
 - blow bubbles through mouth and nose
 - bob
 - open eyes under water and retrieve submerge objects
 - front and back glides
 - float and recover to vertical position
 - roll from back to front, and front to back
 - alternative and simultaneous arm and leg action on front and back
 - tread water

LEVEL 2 | Fundamental Aquatic Skills

- 6 to 12 years | Ratio 4:1
- Level 2 is the beginning of independent swimming, building on Level 1 skills.
- Skills learned
 - enter and exit water by stepping or jumping from the side
 - fully submerge and hold breath, bob
 - open eyes under water and retrieve submerged objects
 - front jellyfish and tuck floats
 - front and back glides
 - float and recover to a vertical position
 - roll from front to back, and back to front
 - change direction of travel while swimming on front or back
- **Prerequisites for Level 2**
 - enter pool independently using the ramp, steps, or side
 - swim at least 5 yards, bob 5 times, then safely exit the water
 - glide on front at least 2 body lengths, roll to a back float for 5 seconds, and recover to a vertical position

LEVEL 3 | Stroke Development

- 6 to 12 years | Ratio 6:1
- Level 3 builds and refines skills learned in Level 2.
- Skills learned
 - back float
 - survival float
 - front crawl with rotary breathing
 - elementary back stroke
 - flutter, scissor, dolphin, and breaststroke kicks
 - treading water
 - headfirst entry into water from side, sitting, and kneeling position

- **Prerequisites for Level 3**

- step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds
- move into a back float for 15 seconds, roll to front, then recover to a vertical position.
- push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for 5 body lengths.

LEVEL 4 | Stroke Improvement

- 6 to 12 years | Ratio 6:1
- Students will increase endurance by swimming greater distances with basic strokes.
- Skills learned
 - submerging and swimming under water
 - introduction to breaststroke and butterfly

- **Prerequisites for Level 4**

- passing Level 3, recommendation of instructor, or swim test

LEVEL 5 | Stroke Refinement

- 6 to 12 years | Ratio 6:1
- Students refine performance for 6 strokes; front, back, side, elementary back, breaststroke, and butterfly. Standards are higher in regard to distance and quality.
- Skills learned
 - front and back flip turns
 - shallow angle dives into deep water

- **Prerequisites for Level 5**

- passing Level 4, recommendation of instructor, or swim test

LEVEL 6 | Swimming and Skill Proficiency

- 6 Ratio 6:1 to 12 years
- Students will continue to refine all swim strokes and build endurance to be able to swim 500 yards continuously.
- Skills learned
 - perform feet-first surface dives to retrieve objects from a depth of 7 to 10 feet

- **Prerequisites for Level 6**

- passing Level 5, recommendation of instructor, or swim test