

**Level 1-Age 4 or Older**

Fully submerge face-3 seconds  
Bob 10 times-chest deep  
Supported front and back float  
Bubble blowing  
Enter/exit pool independently  
Supported front and back kick  
Demonstrate alternating arms  
Reaching assists w/out equipment  
Basic water safety rules

**Level 2-Ages 5 and 6**

Hold breath and fully submerge head-3 seconds  
Explore deep water with support  
Submerge and retrieve objects underwater  
Back and front float-5 seconds each  
Rhythmic breathing-10 bobs  
Leveling off from vertical position  
Enter chest-deep water  
Get out at side of pool  
Flutter kick on front  
Flutter kick on back  
Finning on back  
Back crawl arm action  
5 yards front stroke  
5 yards back stroke  
Turn over front to back  
Turn over back to front  
Perform reaching and extension assist from deck

**Level 3-Ages 7 and 8**

Retrieve object with no support  
Bob, submerging head completely  
Bob in water over head to travel to safe area  
Jump into deep water  
Kneeling dive  
Compact dive  
Prone glide with push-off  
Supine glide with push-off  
Front crawl with breathing and proper arms  
Back crawl-10 yards  
Elementary backstroke kick-10 yards  
Reverse direction while swimming-front to back/back to front  
Tread water

**Level 4-Ages 9 and 10**

Deep water bobbing  
Front float  
Back float  
Rotary breathing  
Stride dive  
Standing dive  
Elementary backstroke-10 yards  
Sculling on back-5 yards  
Front crawl with rotary breathing-25 yards  
Back crawl-25 yards  
Breaststroke kick-10 yards  
Side stroke kick-10 yards  
Demonstrate wall turn  
Tread water with:  
    Modified scissors  
    Modified breaststroke  
    Rotary kicks

**Level 5-Ages 11 and 12**

Alternate breathing  
Long shallow dive  
Breaststroke-10 yards  
Side stroke-10 yards  
Swimming underwater-3 body lengths  
Elementary backstroke-25 yards  
Dolphin kick  
Front crawl-50 yards  
Back crawl-50 yards  
Open turn on front  
Open turn on back  
Rules for safe diving  
Recognition of spinal injury  
Hip/shoulder support  
Feet-first surface dive  
Tread water-2 minutes

**Level 6-Ages 13 and 14**

Front crawl-100 yards  
Front crawl flip turn  
Back crawl-100 yards  
Back crawl turn  
Breaststroke-25 yards  
Side stroke-25 yards  
Butterfly-10 yards  
Breaststroke turn  
Side stroke turn  
Speed turn and pull-out for breaststroke  
Pike surface dive  
Tuck surface dive  
Throwing assists  
Alternative kicks for treading water