

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