

**Level 1 requirements:**

5 and older, beginner, unable to complete any skills required for level 2

**Level 1 Objective:** Designed to orient participants to the aquatic environment and to help them gain basic independent aquatic locomotion skills on front and back.

**Level 2 requirements:**

Enter and exit water independently

Blow bubbles through mouth and nose

Bobbing (full head under water)

Open eyes under water and retrieve objects in 4 feet deep water

Front and back glides (glide two body lengths)

Front and back floats (10 secs)

Roll from front to back and back to front

Tread water 15 secs

Flutter kick independently on back no kickboard/support five body lengths

Flutter kick independently on front no kickboard/support five body lengths

"ice cream scoop" front crawl arms- effective pull, not just splashing, arms coming over the head

Swim independently arms and kicks on front

"tickle-t-touch" elementary backstroke arms

Standard backstroke arms

Swim independently arms and kicks on back (either tickle-t-touch OR regular arms)

Jump off wall without support swim to island independently and back to wall

**Level 2 Objective:** Builds on the skills in Level 1 through additional guided practice in deeper water, front crawl with rotary breathing.

**Level 3 requirements:**

All level 2 skills

Comfort swimming independently in deep water

Tread water using arm and leg actions

Elementary backstroke

Front crawl with rotary breathing

Backstroke

Swim to the rope and back to wall on stomach using rotary breathing, no breaks

Jump off wall without support, tread water and swim to lane line independently and back to wall

**Level 3 Objective:** Focus on stroke technique and perfecting front and back strokes and breaststroke, start building up endurance.

**Level 4 requirements:**

All level 3 skills

Comfort swimming a full lap of the pool (25m)

Breaststroke (must have general understanding and movement)

Elementary backstroke

Front crawl with rotary breathing 25m (no stopping)

Backstroke 25m (no stopping)

Jump into deep end swim one lap 25m any stroke

**Level 4 Objective:** Fine tune technique of breaststroke and side stroke and continue to build endurance and strength of front and back crawl and elementary backstroke..

**Level 5 requirements:**

All level 4 skills

Elementary backstroke 50m

Breaststroke 25m

Front crawl with rotary breathing 50m

Backstroke 50m

Sidestroke 25m

Dolphin kick 25m

\*all distances must be completed without stopping

**Level 5 Objective:** Refine the performance of all six swimming strokes: front crawl, back crawl, butterfly, breaststroke, elementary back and sidestroke.

**Level 6 requirements:**

All level 5 skills

Tread 1 minute

Elementary backstroke 100m

Back crawl 100m

Breaststroke 50m

Front crawl 100m

Butterfly 50m

Sidestroke 50m

\*all distances must be completed without stopping

\*all strokes must be technically correct

**Level 6 Objective:** Increase endurance; designed for fitness swimmers