



Adult Beginner 1

Water Entry and Exit

Bob with support in rhythmic pattern (10 times)

Retrieve submerged object at arms' length

Front float and recovery with support

Back float and recovery with support

Front glide with support

Back glide with support

Flutter kick on front with support

Flutter kick on back with support

Combined stroke on front (without rotary breathing; resemble front crawl)

Scull on back using flutter kick with support

Tread water with support for at least 10 seconds



Adult Beginner 2

Enter water independently by jumping from the side in deep water

Bob in rhythmic pattern without support (10 times)

Retrieve completely submerged object independently

Swim underwater 3 body lengths

Front and back float without support

Push off in a streamlined position, and then begin flutter kicking on front (12.5 meters)

Push off in a streamlined position, and then begin flutter kicking on back (12.5 meters)

Elementary back stroke (25 meters)

Front crawl with rhythmic breathing (25 meters)

Backstroke (12.5 meters)

Tread water without support (30 seconds)

To proceed to the Intermediate level, the student must be able to swim comfortably in deep water.



Adult Intermediate

Headfirst entry from the side in a sitting and kneeling position in at least 9 feet

deep water

Survival float at least 30 seconds in deep water

Tread water using different kicks at least 1 minute

Elementary backstroke at least 25 meters

Sidestroke at least 12.5 meters

Front crawl at least 25 meters

Backstroke at least 25 meters

Breaststroke at least 15 meters

Front crawl open turn

Backstroke open turn



Adult Advanced

Shallow – angle dive in water at least 9 feet deep

Tuck surface dive submerging completely

Pike surface dive submerging completely

Front flip turn while swimming

Backstroke flip turn while swimming

Tread water at least 3 minutes

Front crawl at least 50 meters

Back crawl at least 50 meters

Breaststroke at least 25 meters

Butterfly at least 25 meters

Sidestroke at least 25 meters