

## **Level 1 – Introduction to Water Skills**

### **Water Entry and Exit**

Enter water using ladder, steps or side (independently)

### **Breathe Control and Submerging**

Blow bubbles through mouth and nose for at least 3 seconds

Bob with support at least 3 times

Open eyes underwater and retrieve submerged objects at least 2 times in shallow water

### **Buoyancy on Front**

Front Glide and recover to a vertical position with support at least 2 body lengths

### **Buoyancy on Back**

Back glide and recover to a vertical position with support at least 2 body lengths

Back float and recover to a vertical position with support at least 3 seconds

### **Changing Direction and Position**

Roll from front to back and back to front with support

### **Treading**

Arm and hand actions – explore in chest-deep water

### **Swim on Front**

Alternating and simultaneous leg action with support at least 2 body lengths

Alternating and simultaneous arm action with support at least 2 body lengths

Combined arm and leg actions with support at least 2 body lengths

### **Swim on Back**

Alternating and simultaneous leg action with support at least 2 body lengths

Alternating and simultaneous arm action with support at least 2 body lengths

Combined arm and leg actions with support at least 2 body lengths



## **Level 2 – Fundamental Aquatic Skills**

### **Water Entry and Exit**

Enter water independently by stepping or jumping from the side in at least shoulder deep water

Exit water using ladder, steps or side.

### **Breathe Control and Submerging**

Fully submerge and hold breath for at least 5 seconds

Bob independently in chest deep water at least 5 times

Open eyes underwater and retrieve submerged objects independently at least 2 times in chest deep water

### **Buoyancy on Front**

Front float, Jellyfish float and Tuck float independently at least 5 seconds

Front glide and recover to a vertical position independently in chest deep water at least 2 body lengths

### **Buoyancy on Back**

Back float independently at least 15 seconds

Back glide and recover to a vertical position independently at least 2 body lengths

### **Changing Direction and Position**

Roll from front to back and back to front independently

Change direction of travel while swimming independently on front or back

### **Treading**

Arm and leg actions independently at least 15 seconds in shoulder-deep water

### **Swim on Front**

Combined arm and leg actions on front independently at least 5 body lengths

### **Swim on Back**

Finning arm action independently at least 5 body lengths

Combined arm and leg actions independently at least 5 body lengths



## **Level 3 – Stroke Development**

### **Water Entry and Exit**

Enter water by jumping from the side into deep water

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

### **Breathe Control and Submerging**

Bob while moving toward safety at least 5 times in chest-deep water

Rotary breathing at least 10 times

### **Buoyancy on Front**

Survival floats at least 30 seconds in deep water

### **Buoyancy on Back**

Back float at least 30 seconds in deep water

### **Changing Direction and Position**

Change from vertical to horizontal position on front and back, in deep water

### **Treading**

Tread water for 30 seconds in deep water

### **Swim on Front**

Push off in a streamlined position then begin flutter kicking for 3 - 5 body lengths

Push off in a streamlined position then begin dolphin kicking for 3 – 5 body lengths

Front crawl at least 15 yards

### **Swim on Back**

Elementary backstroke at least 15 yards

### **Swim on Side**

Scissors kick at least 10 yards



## **Level 4 – Stroke Improvement**

### **Water Entry**

Headfirst entry from the side in a compact and stride position in water at least 9 feet deep

### **Breathe Control and Submerging**

Swim underwater 3 – 5 body lengths

Feet first surface dive, submerging completely

### **Buoyancy on Front**

Survival swimming at least 30 seconds in deep water

### **Changing Direction and Position**

Front crawl and backstroke open turn

### **Treading**

Tread water using different kicks (modified breaststroke or rotary) at least 2 minutes

### **Swim on Front**

Front crawl at least 25 yards

Breaststroke at least 15 yards

Butterfly at least 15 yards

### **Swim on Back**

Push off in a streamlined position and begin flutter kicking 3 – 5 body lengths

Push off in a streamlined position and begin dolphin kicking 3 – 5 body lengths

Elementary backstroke at least 25 yards

Back crawl at least 15 yards

### **Swim on Side**

Sidestroke at least 15 yards



## **Level 5 – Stroke Refinement**

### **Water Entry**

Shallow-angle dive from the side in water at least 9 feet deep

Shallow-angle dive, glide two body lengths and begin any front stroke in water at least 9 feet deep

### **Breathe Control and Submerging**

Tuck surface dive submerging completely

Pike surface dive submerging completely

### **Changing Direction and Position**

Front flip turn while swimming

Backstroke flip turn while swimming

### **Treading**

Tread water at least 5 minutes

### **Swim on Front**

Front crawl at least 50 yards

Breaststroke at least 25 yards

Butterfly at least 25 yards

### **Swim on Back**

Elementary backstroke at least 50 yards

Back crawl at least 25 yards

Sculling (standard) at least 30 seconds

### **Swim on Side**

Sidestroke at least 25 yards



## **Level 6 – Fitness Swimmer**

### **Swim on Front, Back and Side**

Front crawl at least 100 yards

Elementary backstroke at least 100 yards

Back crawl at least 50 yards

Breaststroke at least 50 yards

Sidestroke at least 50 yards

Butterfly at least 50 yards

### **Turns**

Demonstrate all turns while swimming

Front crawl open turn

Backstroke open turn

Front flip turn

Backstroke flip turn

Sidestroke turn

Butterfly turn

Breaststroke turn

### **Fitness Skills**

Circle swimming – Demonstrate

Using a pace clock – Demonstrate

Swimming using equipment – Demonstrate at least 25 yards

- Pull buoys
  - Fins
  - Paddles