

Swimming Level Requirements

Level 1–Introduction of Water Skill

***Helps students feel comfortable in the water*

- >Enter and exit water using ladder, steps or side
- >Blow bubbles through mouth and nose
- >Bobbing
- >Open eyes under water and retrieve submerged objects
- >Front and back glides and floats
- >Recover to vertical position
- >Roll from front to back and back to front
- >Tread water using arm and hand actions
- >Alternating and simultaneous leg actions on front and back
- >Alternating and simultaneous arm actions on front and back
- >Combined arm and leg actions on front and back

Level 2–Fundamental Aquatic Skills

***Gives students success with fundamental skills*

- >Enter and exit water by stepping or jumping from the side
- >Fully submerge and hold breath
- >Bobbing
- >Open eyes under water and retrieve submerged objects
- >Front, jellyfish and tuck floats
- >Recover to vertical position
- >Roll from front to back and back to front
- >Change direction of travel while swimming on front or back
- >Tread water using arm and leg actions
- >Combined arm and leg actions on front and back
- >Finning arm action

Level 3–Stroke Development

***Builds on the skills in level 2 by providing additional guided practice*

- >Enter water by jumping from side
- >Headfirst entries from the side in sitting and kneeling positions
- >Bobbing while moving toward safety
- >Rotary breathing
- >Survival float
- >Back float
- >Change from vertical to horizontal position on front and back
- >Tread water
- >Flutter, scissor, dolphin and breaststroke kicks on front
- >Front crawl and elementary backstroke

Level 4–Stroke Improvement

***Develops confidence in the strokes learned and to improve other aquatic skills*

>Headfirst entries from the side in compact and stride positions

>Swim under water

>Feet first surface dive

>Survival swimming

>Front crawl and backstroke open turns

>Tread water using 2 different kicks

>Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly

>Flutter and dolphin kicks on back

Level 5–Stroke Refinement

***Provides further coordination and refinement of strokes*

- >Shallow-angle dive from the side then glide and begin a front stroke
- >Tuck and pike surface dives, submerge completely
- >Front flip turn and backstroke flip turn while swimming
- >Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- >Sculling

Level 6–Swimming and Skill Proficiency

***Refines the strokes so participants swim them with ease, efficiency, power, and smoothness over greater distances. Level 6 is designed with a “menu” options that focus on preparing participants for more advanced courses, including the Water Safety Instructor, or other aquatic activities, such as competitive swimming or diving*

Options Include:

- >Fitness Swimming
- >Personal Water Safety
- >Fundamentals of Diving