

<p>Level 1</p>	<ul style="list-style-type: none"> • Become comfortable in water with parent. • Become comfortable in water sitting at steps with parent. • Learning boundaries around the pool with or without parent contact. • Become comfortable with putting mouth/nose/ears/eye into the water.
<p>Level 2</p>	<ul style="list-style-type: none"> • Go underwater unassisted. • Supported front float. • Supported back float. • Submerge underwater and stand back up in chest deep water. • Retrieve a submerged item in chest deep water. • Develop breathing skills with bubbles.
<p>Level 3</p>	<ul style="list-style-type: none"> • Streamline glides for three feet. (Front/Back) • Seated practice of front crawl arms with side breathing. • Wall practice of front crawl kicks. • Perform a streamline glide with kicks. (Front/Back) • Perform streamline glide to a front crawl/backstroke arm stroke. • Treat water for a minute. • Retrieve a submerged item in head deep water. (Or from a swimming stroke)
<p>Level 4</p>	<ul style="list-style-type: none"> • Swim for five yards in front crawl. • Swim for five yards in backstroke. • Begin wall practice of breaststroke kick. • Begin seated practice of breaststroke arms. • Assisted practice of breaststroke movements. • Begin wall practice of flutter kick. • Retrieve a submerged item in overhead deep water from a distance. • Begin skills for a kneeling dive from the side of the pool. (Guided and unguided.)
<p>Level 5</p>	<ul style="list-style-type: none"> • Swim for 25 yards in front crawl. • Swim for 25 yards in backstroke. • Swim for ten yards in breaststroke. • Learn arm stroke for butterfly with breathing pattern. • Begin to swim butterfly. • Begin skills for a standing dive from the side of the pool. • Retrieve submerged items from a standing dive and middle of the pool.
<p>Level 6</p>	<ul style="list-style-type: none"> • Swim for at least 15 minutes in all strokes. • Work on stroke refinement. • Learn starts and turns for each stroke. • Learn to dive from the block. • Stamina.