

<p><b>Level 1</b></p>	<ul style="list-style-type: none"> <li>• Become comfortable in water with parent.</li> <li>• Become comfortable in water sitting at steps with parent.</li> <li>• Learning boundaries around the pool with or without parent contact.</li> <li>• Become comfortable with putting mouth/nose/ears/eye into the water.</li> </ul>	<p>Only in water with a parent.</p>
<p><b>Level 2</b></p>	<ul style="list-style-type: none"> <li>• Go underwater unassisted.</li> <li>• Supported front float.</li> <li>• Supported back float.</li> <li>• Submerge underwater and stand back up in chest deep water.</li> <li>• Retrieve a submerged item in chest deep water.</li> <li>• Develop breathing skills with bubbles.</li> </ul>	<p>Is comfortable in the water without a parent.</p>
<p><b>Level 3</b></p>	<ul style="list-style-type: none"> <li>• Streamline glides for three feet. (Front/Back)</li> <li>• Seated practice of front crawl arms with side breathing.</li> <li>• Wall practice of front crawl kicks.</li> <li>• Perform a streamline glide with kicks. (Front/Back)</li> <li>• Perform streamline glide to a front crawl/backstroke arm stroke.</li> <li>• Treat water for a minute.</li> <li>• Retrieve a submerged item in head deep water. (Or from a swimming stroke)</li> </ul>	<p>Can move freely in the water in a 5-8 ft radius on their front or back with minimal assistance.</p>
<p><b>Level 4</b></p>	<ul style="list-style-type: none"> <li>• Swim for five yards in front crawl.</li> <li>• Swim for five yards in backstroke.</li> <li>• Begin wall practice of breaststroke kick.</li> <li>• Begin seated practice of breaststroke arms.</li> <li>• Assisted practice of breaststroke movements.</li> <li>• Begin wall practice of flutter kick.</li> <li>• Retrieve a submerged item in overhead deep water from a distance.</li> <li>• Begin skills for a kneeling dive from the side of the pool. (Guided and unguided.)</li> </ul>	<p>Can use their arms and legs simultaneously to move across the pool unassisted.</p>
<p><b>Level 5</b></p>	<ul style="list-style-type: none"> <li>• Swim for 25 yards in front crawl.</li> <li>• Swim for 25 yards in backstroke.</li> <li>• Swim for ten yards in breaststroke.</li> <li>• Learn arm stroke for butterfly with breathing pattern.</li> <li>• Begin to swim butterfly.</li> <li>• Begin skills for a standing dive from the side of the pool.</li> <li>• Retrieve submerged items from a standing dive and middle of the pool.</li> </ul>	<p>Can swim in freestyle, backstroke, and breaststroke.</p>
<p><b>Level 6</b></p>	<ul style="list-style-type: none"> <li>• Swim for at least 15 minutes in all strokes.</li> <li>• Work on stroke refinement.</li> <li>• Learn starts and turns for each stroke.</li> <li>• Learn to dive from the block.</li> <li>• Stamina.</li> </ul>	<p>Can swim in freestyle, backstroke, breaststroke and butterfly.</p>

