

Swim Levels Sheet

Minnows: 1 & 2

Sharks: 3 & 4

Orcas: 5 & 6

Level 1	<ul style="list-style-type: none">• Become comfortable in water without parent.• Become comfortable in water sitting at steps without parent.• Learning boundaries around the pool with or without parent contact.• Become comfortable with putting mouth/nose/ears/eye into the water.• Learn short distant glides and submersion.
Level 2	<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.• Learn basic front crawl stroke, scissor kicks and introduction to breast stroke
Level 3	<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)
Level 4	<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.)
Level 5	<ul style="list-style-type: none">• Swim for 25 yards in front crawl.• Swim for 25 years 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.
Level 6	<ul style="list-style-type: none">• Swim for at last 15 minutes in all strokes.• Work on stroke refinement.• Learn starts and turns for each stroke.• Learn to dive from the block.• Stamina.