

Swim Levels Sheet

Minnows: 1 & 2

Sharks: 3 & 4

Orcas: 5 & 6

LEVEL 1

- 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

- 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

- 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

- 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

- 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.

LEVEL 6

- 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.