

Swim Level Requirements

Students will learn and demonstrate proficiency in most of the skills listed below before moving on to the next level.

Level 1 Requirements (Beginner 1)	Level 2 Requirements (Beginner 2)	Level 3 Requirements (Intermediate 1)	Level 4 Requirements (Intermediate 2)	Level 5 Requirements (Advanced 1)	Level 6 Requirements (Advanced 2)
Sit and stay	Put face in water and hold breath for 3	Bob with relaxed breathing in chest deep water 10 times	Swim front crawl with rotary breathing 1 length	Swim front crawl 2 lengths	Swim front crawl 4 lengths
Hold onto the side	Bob with relaxed breathing 5 times	Rotary breathing to side	Swim back crawl 1 length	Swim back crawl 2 lengths	Swim back crawl 4 lengths
Flutter kick on front with support	Flutter kick on front with kickboard	Swim front crawl with rotary breathing 10 yards	Swim elementary backstroke 1 length	Swim elementary back stroke 2 lengths	Swim elementary backstroke 4 lengths
Reach and pull arms	Flutter kick on back with kickboard	Swim back crawl 15 yards	Tread water 60 seconds	Swim breaststroke 1 length	Swim breaststroke 2 lengths
Float on back with help	Front glide and kick without support	Swim elementary backstroke 15 yards	Kick for breaststroke	Swim butterfly 15 yards	Swim butterfly 1 length
Blow bubbles	Back glide and kick without support	Jump into deep water from side	Perform arm stroke for breaststroke	Perform scissors kick for side stroke	Swim sidestroke 2 lengths
Go underwater	Swim beginner stroke on front using arms and legs for 5 yards	Perform sitting or kneeling dive	Combine arm stroke, breathing and kicking for breaststroke	Perform arm stroke for side stroke	Tread water 5 minutes
Jump into water to teacher	Swim on back using fishy fins arms or back crawl arms for 5 yards	Tread water 30 seconds	Perform butterfly kick with arm pull	Combine arm stroke and kicking for side stroke	Continuous swim 10 minutes
Climb out of water	Roll over from front to back	Recover objects from bottom in shallow water	Perform open turns on front and back	Tread water 2 minutes	Perform racing dive from blocks
Enter the water and turn to the wall	Jump in from sitting position	Perform dolphin kicks and body motion	Perform underwater swim stroke	Long shallow dive	Perform front and back somersault turn
	Jump in from standing position	Combined skills: jump into deep water, swim front crawl ½ length,	Perform standing front dive	Open speed turns on front and back	Care for conscious choking
	Enter the water, surface and fishy fins or back crawl on back	Tread water 30 seconds, swim back crawl ½ length	Perform reaching assist	Front somersault turn	Perform initial survey
			Perform throwing assist		Hands only CPR