

Level	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
	Water Exploration	Primary Skills	Stroke Readiness	Stroke Development	Stroke Refinement	Skill Proficiency	Advanced Skills
Water Adjustment	Fully submerge face – 3 sec.	Fully submerge face – 3 sec. Retrieve objects in chest deep water – suspend object for small children	Retrieve objects from bottom in chest deep water – suspend object for small children				
Buoyancy & Breath control	Buoyancy – bounce up and down in chest deep water and stay upright for 10 bounces. Supported float on front – demonstrate supported float on back – demonstrate bubble blowing – demonstrate	Prone float unsupported & recovery 5 sec. Supine float unsupported & recovery for 5 sec. Level off from vertical position – demonstrate Rhythmic breathing – bob 10 times	Bob, submerging head completely 15 times	Deep water bobbing – demonstrate experiment with buoyancy & floating positions – demonstrate rotary breathing – demonstrate on dry land and in water	Alternate breathing – demonstrate		
Water entry & exit	Enter and exit water independently using ladder and side of pool – demonstrate	Step from the side into chest deep water and recover – demonstrate Get out at side of pool – demonstrate	Jump into deep water from side of pool – demonstrate Dive from side of pool from kneeling or compact position –	Standing front dive from side of pool	Standing front dive from board. Long shallow dive – demonstrate	Approach and hurdle on diving board – demonstrate Jump tuck from diving board	Spring board dive in tuck and pike positions

			either				
locomotion	Move 5 yds along side of pool while maintaining contact with wall Supported kicking on front – demonstrate Supported kicking on back – demonstrate Walk or support alternate arm action – demonstrated for 10 sec.	Flutter kick on front with board – demonstrate Flutter kick on back supported – demonstrate Finning on back – demonstrate Back stroke arm action – demonstrate Combine freestyle – 5 yds Combine back stroke – 5 yds	Prone glide with push off – two body lengths Supine glide with push off – two body lengths Freestyle with breathing – 10 yds Back stroke – 10 yds Elementary back stroke kick – 10 yds	Elementary back stroke – 10 yds Sculling on back – 5 yds or 15 sec Freestyle – 25 yds with rotary breathing Backstroke – 25 yds Breaststroke kick – 10 yds Sidestroke kick – 10 yds	Breaststroke – 10 yds Sidestroke – 10 yds Swimming under water – 3 body lengths Elementary Backstroke – 25 yds Butterfly kick – 10 yds Freestyle – 50 yds Backstroke – 50 yds	Freestyle – 100 yds Backstroke – 100 yds Breaststroke – 25 yds Sidestroke – 25 yds Butterfly – 10 yds	Swim continuously, any combination of strokes, 500 yds Freestyle – 200 yds Swimming under water – 15 yds Backstroke – 100 yds Breaststroke – 50 yds Sidestroke – 50 yds Butterfly – 25 yds
Turns		Turn over from front to back and back to front – demonstrate	Reverse direction while swimming on front and back – demonstrate	Demonstrate changing of direction at wall	Open turn on front – demonstrate Open turn on back – demonstrate	Breaststroke turn, sidestroke turn, flip turn for freestyle, speed turn and pull out for breaststroke – demonstrate	Backstroke flip turn – demonstrate
Personal Safety & Rescue	Learn basic water safety rules – discuss importance in following roles, who at the pool	Float in life jacket with face out of water Demonstrate a reaching and extension assist	Discuss safe diving rules Tread water Jump into deep water with life jacket on	Treading water with modified scissors, modify breaststroke and flutter kick – 2 min any kick	Discuss safe rules for diving board use Recognition of spinal injury Feet first	Pike surface dive, tuck surface dive – demonstrate Alternative kicks for	In water Rescue using equipment Check for pulse Retrieve diving brick, deep

	can help them, wear a life jacket on deck and enter shallow water	from deck Discuss rescue breathing	Learn how to open airway for rescue breathing	Learn rescue breathing – demonstrate	surface dive Tread water 2 mins with two different kicks	treading water – 3 min, 1 min – no hands Throwing assist Roll spinal injury victim face up	water Tread water– 5 mins
Optional Skills			Survival floating Treading water with a variety of kicks Putting a life jacket on in deep water Retrieve objects in deep water	Synchronized swimming positions Stride jump entry	Scissors kick to both sides Inverted scissors kick	Survival swimming Passing a ball while treading water	Competitive backstroke start Grab start Synchronized swimming routines Water polo