

Swim Class Level Completion Requirements

Level 1 - Water Exploration

- Blowing bubbles
- Fully submerge face for 3 seconds
- 10 bobs to chin level
- Front float with support
- Back float with support
- Kicking on front with support
- Kicking on back with support
- Alternating arm action
- Learn basic water safety rules
- Reaching assists without equipment
- Wear life jacket, shallow water

Level 2 - Primary Skills

- Hold breath 3 seconds
- Retrieve object under water
- Explore deep water with support
- Prone float/glide without support
- Back float/glide without support
- Leveling off from vertical position
- 10 bobs with rhythmic breathing
- Flutter kick on front and back
- Finning on back
- Back crawl arm action
- Combined front stroke 5 yards
- Combined back stroke 5 yards
- Turning over - front to back & back to front
- Float face up 1 minute with life jacket
- Watch demo of rescue breathing
- Reaching and extension assists

Level 3 - Stroke Readiness

- Retrieve object in chest deep water
- 15 bobs in chest deep water
- Jump into deep water
- Front dive, kneeling and compact
- Prone and back glides, 2 body lengths
- Crawl stroke with breathing 10 yards
- Back crawl 10 yards
- Elementary back stroke kick
- Reverse direction on front and back
- Tread water
- H.E.L.P. position 1 minute
- Huddle position 1 minute
- Open airway for rescue breathing
- Jump into deep water with life jacket

Level 4 - Stroke Development

- Rotary breathing
- Front dive, stride and standing
- Deep water bobbing
- Elementary back stroke 10 yards
- Sculling on back 5 yards
- Front crawl 25 yards, rotary breathing
- Back crawl 25 yards
- Breaststroke and sidestroke 10 yards
- Tread water 2 minutes
- Learn rescue breathing
- Watch CPR demonstration

Level 5 - Stroke Refinement

- Stride jump
- Long shallow dive
- Breaststroke 10 yards
- Sidestroke 10 yards
- Underwater swim 3 body lengths
- Butterfly kick 10 yards
- Front crawl and back crawl 50 yards
- Elementary backstroke 25 yards
- Open front and back turns
- Feet first surface dive
- Hip/shoulder support
- Tread water, 2 kicks

Level 6 - Skill Proficiency

- Front and back crawl 100 yards each
- Breaststroke 25 yards
- Sidestroke 25 yards
- Butterfly 10 yards
- Approach stroke 25 yards
- Breast and sidestroke turns
- Speed turn for breaststroke
- Front flip turn
- Pike and tuck surface dive
- Tread water 3 minutes - 1 min, no hands
- Throwing rescue
- Turn spinal injury victim

Level 7 - Advanced Skills

- Swim continuously, any stroke 500 yards
- Front crawl 200 yards
- Swim underwater 15 yards
- Back crawl 100 yards
- Breaststroke and sidestroke 50 yards
- Butterfly 25 yards
- Back flip turn
- Rescue with equipment
- Retrieve diving brick, 10 feet water
- Review Basic Water Skills
- Tread water 5 minutes
- Assist with backboard rescue