

Level 1 is entry level.

You are in **Level 2 – Fundamental Aquatic Skills** if you can:

- Enter and exit the water without assistance
- Walk, move along the gutter or swim
- Fully submerge your face in the water, blow bubbles
- Kick on your front and back with or without support
- Front and back float with or without support

You are in **Level 3 – Stroke Development** if you can:

- Open eyes underwater and retrieve underwater objects
- Front and back float without support
- Flutter kick on front and back
- Swim short distances in deeper water
- Demonstrate bobbing
- Demonstrate rotary breathing
- Jump into the water and recover
- Tread water using arm and leg actions

You are in **Level 4 – Stroke Improvement** if you can:

- Swim front crawl with rotary breathing
- Demonstrate backstroke, elementary backstroke & breaststroke
- Enter water by jumping from the side
- Dive from sitting and kneeling position
- Tread water
- Demonstrate bobbing while moving forward
- Retrieve underwater objects with eyes open

You are in **Level 5 – Stroke Refinement** if you can:

- Demonstrate rotary breathing
- Swim underwater
- Bob in deep water
- Dive from a standing position
- Demonstrate the different strokes and want to build on skills and increase endurance by swimming increased distances

General assumptions are as follows:

Is your child comfortable in the water without an adult?

NO: Not ready for lessons

YES: Ready for **level 1**, if they are at least 4 years old when lessons start

Can your child perform front and/or back floats with assistance? Can they perform a front stroke and swim on their back?

NO: Stay in **level 1**

YES: Ready for **level 2**

Can your child perform a front & back crawl for 25 yards without assistance?

NO: Stay in **level 2**

YES: Ready to move to **level 3**

Can your child perform the breaststroke & back stroke for 25 yards, scissor kick, tread water, and dive?

NO: Stay in **level 3**

YES: Ready to move to **level 4**

*If your child can perform multiple strokes for more than 25 yards, tread water for 2 minutes, and comfortably dive at depths of 4-8 feet, they can move to levels 5 & 6.