

Level One: Guppies

- Enter and Exit pool from the side
- Jump from the side of the pool with support
- Blow Bubbles
- Submerge Head; must be comfortable with this skill
- Introduce flutter kick
- Float on stomach with support
- Float on back with support
- Retrieve objects from the bottom of pool; 1.5 deep
- Understand simultaneous use of arms and legs when swimming
- Basic pool rules and water safety

Level Two: Seahorses

- Complete a bob under water, blowing bubbles
- Jump from the side of the pool without support
- Perform front float on stomach without support
- Perform a back float without support
- Perform a front/prone glide (about 6 feet)
- Perform a back/supine glide (about 6 feet)
- Understand the simultaneous use of arms and legs when swimming
- Learn basic pool rules, water safety and introduce use of Personal Flotation Device (PFD) in shallow water.

Level Four: Blue Fish

- Front Crawl-Rotary Breathing-increased distance of 25 yards
- Back Crawl-Increased distance of 25 yards
- Introduce Breaststroke
- Dive from the side of pool-kneeling and compact position
- Tread water for 30 seconds
- Retrieve object in 6 feet of water
- Discuss diving safety and basic water rescues (extensions and throws)

Level Three: Frogs

- Bobbing under water; 5-10 in a row, blowing bubbles under water
- Front Crawl; 10yds, 5 feet deep
- Back Crawl; 10yds, 5 feet deep
- Traveling Bobs
- Retrieve object under water without support; 3.5 feet
- Tread water for 10 seconds
- Introduce diving
- Change directions while swimming front crawl
- Personal Flotation Device (PFD); H.E.L.P. and HUDDLE positions

Level Five: Dolphins

- Front Crawl-Rotary Breathing-increased distance of 50 yards
- Back Crawl-Increased distance of 50 yards
- Breaststroke-10 yards
- Introduce Butterfly-needs to complete at least 10yds of dolphin kick
- Introduce diving from the diving block
- Tread water for 2 minutes
- Demonstrate open turns
- Demonstrate feet-first surface dive