

Level I: Intro to Water Skills

- Enter water unassisted
- Bob 5 times
- Move 5 yards along the wall
- Exit water
- Exhale underwater
- Front float, 5 seconds with support
- Back float, 5 seconds with support
- Roll over with support
- Alternating arm action, Front
- Alternating leg action, Front
- Alternating arm action, Back
- Alternating leg action, Back
- Exit assessment # - 1 Enter unassisted, move 5 yards, bob 5 times & exit water.
- Exit assessment # 2 – Float on front w/support for 3 seconds, roll to back (with assistance) & float on back with support for 3 seconds.

Level II: Fundamental Aquatic Skills

- Jump into water from side
- Completely submerge for 5 seconds
- Front float, 5 seconds
- Back float, 5 seconds
- Jellyfish float, 5 seconds
- Front glide
- Back glide
- Change direction
- Roll over
- Tread water, using arms and legs
- Finning or sculling on back, 10 feet
- Combined stroke on front, 15 feet
- Combined stroke on back, 15 feet
- Exit assessment # 1 – Step from side into chest deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds & return to a standing position.
- Exit assessment # 2 – Push off & swim using combination of arms & leg actions for 15 feet on front; push off & swim using a combination of arm & leg actions for 15 feet on the back.

Level III: Stroke Development

- Jump into deep water from side
- Dive from side
- Rotary breathing, horizontal position
- Survival float, 30 seconds
- Back float, 30 seconds
- Change positions in deep water
- Tread water, 30 seconds in deep water
- Front crawl, 15 yards
- Back crawl, 15 yards
- Butterfly kick and motion, 15 feet
- Exit assessment – Jump into chest deep water from the side, swim 15 yards with face in the water & rhythmic breathing pattern, and maintain position by treading or floating for 30 seconds & swim back crawl for 15 yards.

Level IV: Stroke Improvement

- Dive from side
- Swim underwater, 3 body lengths
- Feet-first surface dive
- Survival float, 1 minute
- Back float, 1 minute
- Open turns
- Tread water, 1 minute
- Front crawl, 25 yards
- Back crawl, 25 yards
- Butterfly, 15 yards
- Breaststroke, 15 yards
- Elementary backstroke, 15 yards
- Scissors kick, 15 yards
- Exit assessment # 1 – Perform a feet first entry into chest deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (floating or sculling) & swim elementary backstroke for 15 yards.
- Exit assessment # 2 – Swim breaststroke for 15 yards, tread water for 1 minute & swim back crawl for 25 yards.

Level V: Stroke Refinement

- Swim underwater, 15 yards
- Tuck surface dive
- Pike surface dive
- Survival float, 2 minutes
- Back float, 2 minutes
- Flip turn, Front
- Flip turn, Back
- Tread water, 2 minutes
- Front crawl, 50 yards
- Back crawl, 50 yards
- Butterfly, 25 yards
- Breaststroke, 25 yards
- Elementary backstroke, 25 yards
- Sidestroke, 25 yards
- Exit assessment # 1 – Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) & swim elementary backstroke for 25 yards.
- Exit assessment # 2 - Swim Breaststroke for 25 yards, tread water for 2 minutes & swim back crawl for 50 yards.

Level VI: Personal Water Safety

- Front crawl, 100 yards
- Back crawl, 100 yards
- Breaststroke, 50 yards
- Elementary backstroke, 50 yards
- Sidestroke, 50 yards
- Butterfly, 50 yards
- Open turns
- Flip turns
- Cooper 12 minute swim test
- Exit assessment # 1 – Swim 500 yards continuously, using the strokes in the following order; 100 yards front crawl, 100 yards back crawl, 50 yards breaststroke, 50 yards elementary backstroke, 50 yards butterfly, 100 yards your choice.
- Exit assessment # 2 – Jump into deep water, perform a survival float for 5 minutes, roll onto back & perform a back float for 5 minutes.
- Exit assessment # 3 – Perform a feet first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7 feet, return to surface & return to starting point.