

Swim Level Information

Level 1: Introduction to Water Skills

Purpose: Helps students feel comfortable in the water. Level 1 participants learn to:

Enter and exit water safely

- Submerge mouth, nose and eyes
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged object
- Change direction while walking or paddling
- Roll over from front to back and back to front with support
- Explore floating on front and back with support
- Explore swimming on front and back using arm and leg actions with support
- Use a life jacket

Level 2: Fundamental Aquatic Skills

Purpose: Gives students success with fundamental skills. Level 2 participants learn to:

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head
- Blow bubbles submerging head in a rhythmic pattern (bobbing)
- Open eyes underwater, pick up a submerged object in shallow water
- Float on front and back
- Perform front and back glide
- Change direction of travel paddling on front or back
- Roll over from front to back, back to front
- Tread water using arm and leg motions (chest-deep water)
- Swim on front, back, and side using combined arm and leg actions
- Move in the water while wearing a life jacket

Level 3: Stroke Development

Purpose: Builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to:

- Jump into deep water from the side
- Dive from kneeling or standing position
- Submerge and retrieve an object in chest deep water
- Bob with the head fully submerged
- Rotary breathing in horizontal position
- Perform front and back glide using two different kicks
- Float on front and back in deep water
- Change from horizontal to vertical position on front and back
- Tread water using hand and leg movements
- Perform front and back crawl
- Butterfly—kick and body motion
- Perform the HELP and Huddle position

Level 4: Stroke Improvement

Purpose: Develops confidence in the skills learned and improves other aquatic skills. Level 4 participants learn to:

- Perform a dive from a standing or stride position
- Swim underwater
- Perform feet-first surface dive
- Perform open turns on front and back
- Tread water using sculling arm motions and with different kicks
- Perform the following:
 - Front and back crawl
 - Breaststroke
 - Butterfly
 - Elementary backstroke
- Swim on side using scissors-like kick
- Perform compact jump into water from a height while wearing a life jacket

Level 5: Stroke Refinement

Purpose: Provides further coordination and refinement of strokes. Level 5 participants learn to:

- Perform the following:
 - Standing dive
 - Shallow dive, glide two body lengths and begin any front stroke
 - Tuck surface dive
 - Pike surface dive
 - Front flip turn
 - Backstroke flip turn
 - Front and back crawl
 - Butterfly
 - Breaststroke
 - Elementary backstroke
 - Sidestroke
- Tread water with two different kicks
- Learn survival swimming

Level 6: Swimming and Skill Proficiency

Purpose: Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. These options include:

- Personal Water Safety
- Fundamentals of Diving
- Lifeguard Readiness
- Fitness Swimmer