

LEVEL 1: INTRODUCTION TO WATER SKILLS

- Blow bubbles through mouth and nose
- Bobbing
- Front and back glides and back float
- Recover to vertical position from a front glide and back float or glide
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

LEVEL 4: STROKE IMPROVEMENT

- Swim under water
- Feet first surface dive Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Push off in a streamlined position then begin flutter and dolphin kicks on back

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

- Fully submerge and hold breath
- Bobbing
- Front, jellyfish and tuck floats Front and back glides and back float
- Recover from a front and back float or glide to a vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back Finning arm action on back

LEVEL 5: STROKE REFINEMENT

- Shallow-angle dive from the side
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives Front flip turn and backstroke flip turn while swimming
- Tread water
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Standard scull

LEVEL 3: STROKE DEVELOPMENT

- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Push off in a streamlined position then begin flutter and dolphin kicks on front Front crawl and elementary backstroke
- Scissors kick

LEVEL 6: SWIMMING AND SKILL PROFICIENCY

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.