

Swim Lesson Level Requirements

Preschool 3-5 Year Old Class (Level 0)

- *Must be at least 3 years old*

Level 1

- *Must be at least 5 years old*

Level 2

- *Blowing bubbles and bobbing*
- *Assisted front and back floats*
- *Stand from front and back floats*
- *Assisted rolling over*
- *Assisted front and back glides*
- *Arm and leg movement for front and back strokes*
- *Assisted arm and hand movement for treading*
- *Enter and exit the water*
- *Water Safety: Basic water safety*

Level 3

- *Jump or step into chest deep water*
- *Fully submerge head and hold breath for 5 seconds*
- *Bobbing 5 times*
- *Retrieve submerged object in 3 feet*
- *Front and back floats for 10 seconds*
- *Front and back glides*
- *Front and back strokes for 5 body lengths*
- *Arm and hand movements for treading*
- *Water Safety: Water safety awareness*

Level 4

- *Jump into deep water and kneeling dive*
- *Tread water for 30 seconds*
- *Retrieve an object from the bottom*
- *Bobbing 5 times while moving toward shore*
- *Front and back strokes for 15 yards*
- *Elementary backstroke for 15 yards*
- *Dolphin kick and breaststroke kick for 15 yards*
- *Water Safety: What to do in an emergency*

Level 5

- *Kneeling and standing dives*
- *Back and survival floats and tread water for 1 minute*
- *Feet first surface dive*
- *Swim underwater 3 to 5 body lengths*
- *Front and back glides*
- *Front stroke with correct breathing for 25 yards*
- *Backstroke for 25 yards*
- *Breast and elementary back strokes for 15 yards*
- *Scissor kick for 15 yards*
- *Water Safety: Applied rescue skills*

Level 6

- *Shallow dive and swim 3 to 5 body lengths*
- *Back and survival floats and tread water for 2 minutes*
- *Tuck, pike, and feet first surface dives*
- *Front and back glides with dolphin kick*
- *Open turns for each stroke*
- *Front and back strokes for 50 yards*
- *Breast and elementary back strokes for 25 yards*
- *Sidestroke and butterfly for 25 yards*
- *Water Safety: Applied rescue skills*