

# Swim Lesson Level Requirements

## Infant Toddler (Ages 0-2)

Consistently Comfortable in water  
Blows Bubbles  
Kicks  
Reach and Pulls  
Supports self at pool edge  
Relaxed front & back glide  
Jumps into water on cue  
Sit in entry, going underwater  
Bobs  
Relaxed in lifejacket  
Follows instructor's directions

## Preschool 1 (Ages 3-5)

Walk in deep end of small pool alone  
Wash Face  
Blow bubbles with eyes in the water  
Bob three times calmly  
Face float with help from equip.  
Back float with help from equip.  
Kick with straight legs  
Arm Strokes

## Preschool 2 (Ages 3-5)

Bob 5 times calmly w/o stopping  
Pick up object from bottom of pool  
Back glide with help 3 feet  
Front glide with help 3 feet  
Back glide with help and kick 5 feet  
Back float w/o help 3 seconds  
Front float w/o help 3 seconds.  
Consistently Comfortable in Med. Pool  
Comfortable in lifejacket

## Preschool 3 (Ages 3-5)

Bob 8 times calmly w/o stopping  
Back float w/o help 5 seconds  
Face float w/o help 5 seconds  
Rhythmic breathing with arms and kick on pool edge  
Arm strokes and kick 5 feet  
Front glide w/o help and kick 6 feet  
Back glide w/o help and kick 6 feet

## Preschool 4 (Ages 3-5)

Bob 10 times calmly w/o stopping  
Back glide with flutter kick 10 feet  
Front glide with flutter kick 10 feet  
Front crawl w/ rhythmic breathing 10 feet  
Jump in water, turn on back and swim to safety  
Bobbing to safety 3 feet  
Introduce backstroke arms

## Level 1 (Ages 6 & up)

Bob 10 times  
Front float w/o help 10 seconds  
Back float w/o help 10 seconds  
Front glide 10 feet  
Arm strokes with kick & bubbles 10ft  
Rhythmic breathing with arm and kick on pool edge  
Comfortable in lifejacket

## Level 2 (Ages 6 & up)

Bob 15 times  
Front crawl 6 yards w/rhythmic breathing  
Kick on back 6 yards  
Backstroke 6 yards  
Roll over from front to back  
Pick up object from bottom of pool  
Bob to safety 6 feet  
Introduce treading water  
Introduce survival float

## Level 3 (Ages 6 & up)

Front crawl 12 yards  
Backstroke 12 yards  
Kick on back 25 yards  
Tread water for 1 minute  
Survival float 1 minute  
Consistently comfortable in large pool  
Swim underwater 10 feet  
Introduce elementary backstroke

## Level 4 (Ages 6 & up)

Front crawl 25 yards  
Backstroke 25 yards  
Elementary backstroke 25 yards  
Tread water 3 minutes  
Survival float for 3 minutes  
Knee dive in deep water  
Introduce breaststroke kick

## Level 5 (Ages 6 & up)

Front crawl 75 yards  
Backstroke 75 yards  
Elementary backstroke 50 yards  
Breaststroke 25 yards  
Tread water 5 minutes  
Swim underwater 20 feet  
Standing dive  
Open Turns  
Introduce dolphin kick  
Introduce sidestroke

## Level 6 (Ages 6 & up)

Front crawl 100 yards w/ turns  
Backstroke 100 yards w/ turns  
Breaststroke 75 yards w/ turns  
Sidestroke 25 yards  
Butterfly 25 yards  
15 minute continuous swim  
Safety Skills (reaching & throwing assists, HELP huddle)  
Start from block

