

Parent / Tot Aquatics

**This is an overview of major skill requirements for each level.
Additional skills will be required in classes for level completion.**

Level 1

Getting wet with toys and kicking
Enter water by lifting in and walking in
Out-of-water and in-water exploration
Exit water by lifting out and walking out
Blowing bubbles on the surface
Blowing bubbles with mouth and nose submerged
Underwater exploration
Submerging mouth, nose and eyes
Front and back floats and glides
Roll from front to back and back to front
Passing from instructor to parent
Leg actions on front and back
The importance of wearing a life jacket
Basic water and sun safety

Level 2

Enter water in a seated position and by rolling over from a seated position and sliding in
Enter water by stepping in, jumping in and using a ladder or stairs
Exploring the pool – in shallow water
Using the side of the pool and a ladder to exit
Opening eyes and retrieving objects below the surface
Opening eyes and retrieving submerged objects
Bobbing
Front and back floats and glides
Front glide to the wall
Roll from front to back and back to front
Passing between adults
Alternating or simultaneous leg actions on front and back
Alternating or simultaneous arm actions on front and back
Combined arm and leg actions on front with breathing
Combined arm and leg actions on back
Wearing a life jacket in the water
Basic water and sun safety

Preschool Aquatics

**This is an overview of major skill requirements for each level.
Additional skills will be required in classes for level completion.**

Level 1

Enter water using ladder, steps or side
Exit water using ladder, steps or side
Blowing bubbles through mouth/nose, 3 seconds
Submerging mouth, nose and eyes
Opening eyes underwater
Pick up a submerged object
Front glide 2 body lengths
Recover from a front glide to vertical position
Back float 3 seconds
Recover from a back float to a vertical position
Roll from front to back
Roll from back to front
Treading with arm and hand actions
Alternating leg action on front
Simultaneous leg action on front
Alternating arm action on front
Simultaneous arm action on front
Combined arm and leg action on front
Alternating leg action on back
Simultaneous leg action on back
Alternating arm action on back
Simultaneous arm action on back
Combined arm and leg action on back
Safety Topics

Level 2

Enter water by stepping in
Exit water using ladder, steps or side
Bobbing
Opening eyes underwater
Pick up submerged objects
Front float 3 seconds
Front glide 4 yards
Recover from a front float or glide to a vertical position
Back float 5 seconds
Back glide 4 yards
Recover from a back float or glide to a vertical position
Roll from front to back
Roll from back to front
Treading using arm and leg actions 5 seconds
Combined arm and leg actions on front 6 yards
Finning arm action on back 6 yards
Combined arm and leg actions on back 6 yards
Safety Topics

Level 3

Enter water by jumping in
Fully submerge and hold breath
Bobbing in chest deep water
Front float 5 seconds . Jellyfish float 5 seconds . Tuck float 5 seconds
Recover from a front float or glide to vertical position
Back float 15 seconds . Back glide 3 yards
Recover from a back float or glide to a vertical position . Change direction or travel while swimming on front or back
Treading water using arm and leg action 15 seconds
Combined arm and leg actions on front 10 yards
Finning arm action on back 10 yards
Combined arm and leg actions on back 10 yards . Safety Topics

Learn to Swim Level Requirements

This is an overview of major skill requirements for each level.
Additional skills will be required in classes for level completion.

Level 1: Intro to Water Skills

Demonstrate independent water entry/exit
Submerge mouth, nose, & eyes
Exhale underwater (bubbles) thru mouth/nose
Open eyes underwater
Pick up a submerged object held at arms length
Front float w/ face in or out of water w/ support
Recover to stand from front float w/ support
Back float comfortably with support
Recover to stand from back float w/support
Change direction while walking or paddling
Roll over front/back & back/front with support
Treading arm movements in chest deep water
Alternating arm/leg action, 5 ft with support
Simultaneous arm/leg action, 5 ft with support
Combined stroke on back using any arm action
Safety Topics

Level 3: Stroke Development

Jump into deep water w/o floatation
Sitting and compact dive
Deep water bobbing
Rotary breathing w/ body in horizontal position
Front Glide using 2 different kicks 2 body lengths
Rotary breathing in horizontal position
Survival float 30-seconds
Back Glide using 2 different kicks 2 body lengths
Change from vertical/horizontal & front/back in deep
Tread Water 30-seconds
Front Crawl 15 yard
Butterfly – kick & body motion 15 yards
Back Crawl 15 yards
Elementary Back Stroke 15 yards
Scissors kick 10 yards
Safety Topics

Level 5: Stroke Refinement

Shallow dive from side & begin stroke
Shallow angle dive from side & begin stroke
Underwater swim 15 yards
Tuck & Pike Surface Dive submerging completely
Survival Float 2-minutes
Back Float 2-minutes
Front & Back Flip turns while swimming
Tread Water using 2 kicks, 5-minutes
Front Crawl 50 yards
Butterfly 25 yards
Breaststroke 25 yards
Back Crawl 50 yards
Elementary Backstroke 50 yards
Side Stroke 25 yards
Standard scull 30 seconds
Safety Topics

Level 2: Fundamental Aquatic Skills

Enter water stepping /jumping from side
Submerge entire head and holding breath
Blow bubbles in rhythmic pattern (bobs)
Open eyes underwater, pick up submerged object
Front float w/ face in water unsupported
Recover to stand from front float position
Front glide 2 body lengths
Jellyfish float for 5-seconds
Unsupported back float for 5-seconds
Back glide 2 body lengths
Change direction while paddling on front./back
Roll over front/back & back /front unsupported
Unsupported treading arm/leg movements chest deep
Finning and Sculling arm action 10 ft, unsupported
Combined arm/leg actions on back, 15 ft.
Alternating leg & arm action on side 5ft w/ support
Safety Topics

Level 4: Stroke Improvement

Dive from side in compact and stride position
Underwater swim, 3 body lengths
Feet first surface dive
Survival float 30 seconds
Back float 1-minute
Open turn on front/back & glide 2 body lengths
Tread water 2-minutes using two different kicks
Front Crawl 25 yards
Breaststroke 15 yards
Butterfly 15 yards
Back Crawl 25 yards
Elementary Backstroke 15 yards
Sidestroke 15 yards
Flutter kick on back 15 yards
Dolphin kick on back 15 yards
Safety Topics

Level 6: Swimming and Skill Proficiency

Front Crawl 100 yards
Elementary Backstroke 100 yards
Back Crawl 50 yards
Breaststroke 50 yards
Sidestroke 50 yards
Butterfly 50 yards
Front/Back Crawl & Sidestroke open turns while swimming
Front/Back Crawl flip turns while swimming
Breaststroke & Butterfly turns while swimming
Circle Swimming
Feet-first, Pike & Tuck Surface Dive
Using a pace clock
Using paddles while swimming 25 yards
*Fitness Swimmer
*Personal Water Safety