

Recommendations For Levels

	1	2	3	4	5	6	7	8
Blow bubbles with nose and mouth under water	X							
Submerge face independently	X							
Jump into chest deep water independently	X							
Open eyes underwater to retrieve submerged object in chest deep water	X	X						
Jump into chest deep water independently	X	X						
Backfloat independently (5 seconds)	X	X						
Front and Back float independently	X	X	X					
Kickboard independently on stomach (15 yds)	X	X	X					
Front Glide (2 body lengths)	X	X	X					
Front and Back Glide (2 body lengths)	X	X	X	X				
Kickboard independently on stomach and Back (25 yds each)	X	X	X	X				
Freestyle independently (2 body lengths)	X	X	X	X				
Kickboard independently on stomach (50 yds)	X	X	X	X	X			
Freestyle independently (15 yds)	X	X	X	X	X			
Backstroke independently (15 yds)	X	X	X	X	X			
Freestyle Swim (25 yds)	X	X	X	X	X	X		
Backstroke (25 yds)	X	X	X	X	X	X		
Shallow water dive and retrieve a submerged object	X	X	X	X	X	X		
Swim 50 yds of any stroke and perform a kick turn	X	X	X	X	X	X	X	
Deep Water Dive	X	X	X	X	X	X	X	
Dive off the wall and swim 100 yds performing kick turns	X	X	X	X	X	X	X	X

If your child can complete the checked skills we recommend the highlighted box for the next level to enroll your child in. After the first day of lessons, our instructors will guide you to find the correct level.