

# Skills Learned in Each Level!

## Parent and Child Aquatics Level 1

*Age Requirement:  
6 months-3 years old*

- Entering and exiting the water
- Explores submerging face
- Front and back floats
- Rolling from back to front
- Rolling from front to back
- Safety and comfort in the water

## Parent and Child Aquatics Level 2

*Age Requirement:  
6 months-3 years old*

- Get into the water
- Blow bubbles/submerge underwater
- Perform front float/glide
- Perform back float/glide
- Leg action on front and back
- Passing between adults

## Preschool Aquatics Level 1

*Age Requirement:  
3-5 years old*

- Enter/exit water
- Blowing bubbles (3 sec)
- Submerging mouth, nose, and eyes (2 times)
- Front float/glide and recovery (3 sec)
- Back float/glide and recovery (3 sec)
- Rolling from front to back and back to front
- Front crawl arm action (2 body lengths)
- Breaststroke arm action (2 body lengths)
- Backstroke arm action (2 body lengths)
- Elementary backstroke arm action (2 body lengths)
- Front crawl leg action (2 body lengths)
- Breaststroke leg action (2 body lengths)
- Backstroke leg action (2 body lengths)
- Elementary backstroke leg action (2 body lengths)

## Preschool Aquatics Level 2

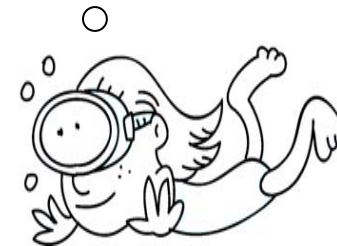
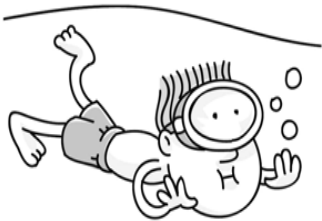
*Age Requirement:  
3-5 years old*

- Bobbing (3 times)
- Submerging mouth, nose, and eyes
- Front float/glide and recovery (3 sec)
- Back float/glide and recovery (3 sec)
- Rolling from front to back and back to front
- Treading action (5 sec)
- Combined arm and leg actions on front (3 body lengths)
- Combined arm and leg actions on back (3 body lengths)
- Finning on back (3 body lengths)

## Preschool Aquatics Level 3

*Age Requirement:  
3-5 years old*

- Jumping in
- Blowing bubbles and bobbing (5 times)
- Fully submerging and holding breath (5 sec)
- Front float/glide and recovery (2 body lengths)
- Back float/glide and recovery (2 body lengths)
- Changing direction while swimming
- Demonstrates treading water (15 sec)
- Combined arm and leg actions on front (5 body lengths)
- Combined arm and leg actions on back (5 body lengths)
- Finning on back (5 body lengths)



### Learn-to-Swim Level 1

Age Requirement: 6-14 years old

- Enter/exit water
- Blowing bubbles through mouth and nose (3 sec)
- Submerging mouth, nose, and eyes (2 times)
- Front float/glide and recovery (2 body lengths)
- Back float/glide and recovery (2 body lengths)
- Rolling from front to back and back to front
- Exploring water treading actions with arms and legs
- Front crawl arm action (2 body lengths)
- Breaststroke arm action (2 body lengths)
- Backstroke arm action (2 body lengths)
- Elementary backstroke arm action (2 body lengths)
- Front crawl leg action (2 body lengths)
- Breaststroke leg action (2 body lengths)
- Backstroke leg action (2 body lengths)
- Elementary backstroke leg action (2 body lengths)
- Combined arm and leg actions on front (2 body lengths)
- Combined arm and leg actions on back (2 body lengths)

### Learn-to-Swim Level 2

Age Requirement: 6-14 years old

- Enter/exit water and jumping in safely
- Bobbing (5 times)
- Fully submerging underwater while holding breath (5 sec)
- Front float, jellyfish float, tuck float and front glide with recovery (2 body lengths)
- Back float/glide and recovery (2 body lengths)
- Rolling from front to back and back to front
- Treading water (15 sec)
- Combined arm and leg actions on front (5 body lengths)
- Combined arm and leg actions on back (5 body lengths)
- Finning arm action on back (5 body lengths)

### Learn-to-Swim Level 6-Personal Water Safety (Guard Start/LIT)

Age Requirement: 6-14 years old

- Front crawl (100 yards)
- Elementary backstroke (100 yards)
- Back crawl (50 yards)
- Breaststroke (50 yards)
- Sidestroke (50 yards)
- Butterfly (50 yards)
- Front and back crawl open turns
- Front and back crawl flip turns
- Sidestroke turn
- Butterfly turn
- Breaststroke turn
- HELP position (2 min)
- Huddle position (2 min)
- Feetfirst surface dives
- Tuck and pike surface dives
- Survival swimming (10 min)
- Treading water using kick only (2 min)
- Retrieving objects in deep water

### Learn-to-Swim Level 3

Age Requirement: 6-14 years old

- Enter/exit water and jumping in safely
- Headfirst entry from sitting and kneeling
- Bobbing while moving to safety
- Rotary (side) breathing (10 times)
- Survival float (30 sec)
- Back float (30 sec)
- Changing body position from vertical to horizontal, and back
- Treading water (30 sec)
- Pushing off the wall in a streamlined position on front (5 body lengths)
- Front crawl (15 yards)
- Elementary backstroke (10 yards)
- Scissors kick (10 yards)

### Learn-to-Swim Level 6-Fundamentals of Diving (Diving)

Age Requirement: 6-14 years old

- Front crawl (100 yards)
- Elementary backstroke (100 yards)
- Back crawl (50 yards)
- Breaststroke (50 yards)
- Sidestroke (50 yards)
- Butterfly (50 yards)
- Front and back crawl open turns
- Front and back crawl flip turns
- Sidestroke turn
- Butterfly turn
- Breaststroke turn
- Front kneeling/fall-in/standing dives from the deck and the diving board
- Takeoff from the deck
- Tuck dive/jump
- Pike dive/jump

### Learn-to-Swim Level 4

Age Requirement: 6-14 years old

- Compact and stride jumps
- Swimming underwater (5 body lengths)
- Feetfirst surface dives
- Survival swimming (30 sec)
- Front crawl and backstroke open turns
- Treading water (2 min) using two different kicks
- Pushing off the wall in a streamlined position on back (5 body lengths)
- Front crawl (25 yards)
- Elementary backstroke (25 yards)
- Backstroke (15 yards)
- Breaststroke (15 yards)
- Sidestroke (15 yards)
- Butterfly (15 yards)

### Learn-to-Swim Level 6-Fitness Swimmer

Age Requirement: 6-14 years old

- Front crawl (100 yards)
- Elementary backstroke (100 yards)
- Back crawl (50 yards)
- Breaststroke (50 yards)
- Sidestroke (50 yards)
- Butterfly (50 yards)
- Front and back crawl open turns
- Front and back crawl flip turns
- Sidestroke turn
- Butterfly turn
- Breaststroke turn
- Circle swimming
- Using a pace clock
- Using pull buoys/fins/paddles
- Setting up a work out Aquatic exercise

### Learn-to-Swim Level 5

Age Requirement: 6-14 years old

- Shallow angle dives
- Tuck and pike surface dives
- Front and back flip turns
- Treading water (5 min)
- Front crawl (50 yards)
- Elementary backstroke (50 yards)
- Back crawl (25 yards)
- Breaststroke (25 yards)
- Sidestroke (25 yards)
- Butterfly (25 yards)
- Sculling on back (30 sec)



