

LEARN-TO-SWIM: AGES 5 +

LEVEL 1: WATER EXPLORATION

PREREQUISITES: NONE

LEVEL 2: FUNDAMENTAL SKILLS

PREREQUISITES: Enter & exit water independently; bob to safety; glide on front & back; roll from front to back & back to front & recover to a vertical position with support.

LEVEL 3: STROKE READINESS

PREREQUISITES: Jump/step in at chest level; push off & swim using combined arm & leg action on front for 5 body lengths; breathing with support.

LEVEL 4: STROKE IMPROVEMENT

PREREQUISITES: Jump in deep water; swim front crawl 15 meters; tread or float 30 seconds; swim elementary backstroke 15 meters.

LEVEL 5: STROKE REFINEMENT

PREREQUISITES: Feet first entry into deep water; swim front crawl 25 meters; swim breaststroke 15 meters; change directions, & swim back crawl 15 meters.

LEVEL 6: SWIMMING & SKILL PROFICIENCY

PREREQUISITES: Dive into deep water; swim front crawl 50 meters, change direction, & swim elementary backstroke 50 meters; swim breaststroke 25 meters, change direction, & swim back 15 meters crawl stroke.