

Level One: Tadpole

- Enter and exit the pool from the side
- Jump from the side of the pool with support
- Blow Bubbles
- Submerge Head; must be comfortable with this skill
- Introduce flutter kick
- Float on stomach with support
- Float on back with support
- Retrieve objects from the bottom of the pool 1.5 depth
- Understand simultaneous use of arms and legs when swimming
- Basic pool rules and safety

Level Two: Blow Fish

- Complete a bob under water, blowing bubbles
- Jump from the side of the pool with no support
- Perform a front float with no support for 10 seconds
- Perform a back float with no support for 10 seconds
- Perform a front glide (about 6 ft)
- Perform a back glide (about 6ft)
- Understand the simultaneous use of arms and legs when swimming
- Basic Pool rules and safety and introduce use of Personal Flotation Device (PFD) in shallow water

Level Three: Clown Fish

- Bobbing under water; 5-10 in a row, while blowing bubbles
- Front Crawl; 10 yds 5ft deep
- Back Crawl; 10 yds 5 ft deep
- Traveling Bobs
- Retrieve object under water without support; 3.5 ft
- Tread water for 20 seconds
- Introduce diving
- Change direction while swimming front crawl
- Basic Pool rules and safety, Personal Flotation Device (PFD); H.E.L.P. and Huddle position

Level Four: StingRay