

What level swim class should my child be in?

LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
<p>1. Enter and exit water</p> <p>2. Blowing bubbles</p> <p>3. Bobbing</p> <p>4. Open eyes under water and retrieve submerged objects</p> <p>5. Front glide and float, and recover to a vertical position</p> <p>6. Back glide and float and recover to a vertical position</p> <p>7. Roll from front to back and back to front</p> <p>8. Tread water, using arm and hand actions</p> <p>9. Alternating and simultaneous leg and arm actions on front</p> <p>10. Alternating and simultaneous leg and arm actions on back</p> <p>11. Combined arm and leg actions on front</p> <p>12. Combined arm and leg actions on back</p> <p><i>13. Learn appropriate safety skills</i></p>	<p>1. Stepping or jumping from side into chest-deep water</p> <p>2. Fully submerge, hold breath</p> <p>3. Bobbing</p> <p>4. Open eyes under water and retrieve submerged objects</p> <p>5. Front, jellyfish, tuck floats</p> <p>6. Front glide and float, and recover to a vertical position</p> <p>7. Back glide and float, and recover to a vertical position</p> <p>8. Roll from front to back and back to front</p> <p>9. Tread water using arm and leg actions</p> <p>10. Change direction while swimming on front & back</p> <p>11. Combined arm and leg actions on front</p> <p>12. Combined arm and leg actions on back</p> <p>13. Finning arm action on back</p> <p><i>14. Learn appropriate safety skills</i></p> <p>EXIT REQUIREMENTS</p> <p>1. Step from side into chest-deep water, move into a front float 5 seconds, roll to back, float 5 seconds, then return to a vertical position</p> <p>2. Move into a back float for 5 seconds, roll to front, then recover to a vertical position</p> <p>3. Push off and swim, using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue for 5 body lengths</p>	<p>1. Jumping into deep water from the side</p> <p>2. Headfirst entry from the side in seated and kneeling positions</p> <p>3. Bobbing while moving to safety</p> <p>4. Rotary breathing</p> <p>5. Survival Float</p> <p>6. Back Float</p> <p>7. Tread water for 30 sec.</p> <p>8. Swimming the front crawl for 15 yards</p> <p>9. Swimming elementary backstroke for 15 yards</p> <p>10. Flutter, scissors and dolphin kicks</p> <p>11. Push off in streamline position on front, then begin kicking</p> <p><i>12. Learn appropriate safety skills</i></p> <p>EXIT REQUIREMENTS</p> <p>1. Jump into deep water from the side, recover to the surface, maintain position by tread/float for 1min, rotate one full turn, then turn to face exit, level off, swim front crawl and/or elementary backstroke for 25 yards, and exit the water</p> <p>2. Push off in streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke 15 yards, exit water.</p>	<p>1. Headfirst entry in compact and stride positions</p> <p>2. Feetfirst surface dive</p> <p>3. Swim underwater</p> <p>4. Tread water, using 2 different kicks</p> <p>5. Survival swimming</p> <p>6. Front crawl for 25 yards</p> <p>7. Elementary backstroke for 25 yards</p> <p>8. Breaststroke for 15 yards</p> <p>9. Back crawl for 15 yards</p> <p>10. Butterfly for 15 yards</p> <p>11. Sidestroke for 15 yards</p> <p>12. Open turns on the front and back</p> <p>13. Flutter and dolphin kicks on back</p> <p>14. Push off in streamlined position on back, then begin kicking</p> <p><i>15. Learn appropriate safety skills</i></p> <p>LEVEL 4 EXIT REQUIREMENTS</p> <p>1. Perform feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, & swim elementary backstroke for 25 yards.</p> <p>2. Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards.</p> <p>3. Submerge and swim 3 to 5 body lengths underwater without hyperventilating, return to surface, exit water.</p>	<p>1. Performing a shallow-angle dive into deep water</p> <p>2. Tuck-surface dive</p> <p>3. Pike-surface dive</p> <p>4. Tread water for 5 minutes</p> <p>5. Sculling</p> <p>6. Front crawl for 50 yards</p> <p>7. Elementary backstroke for 50 yards</p> <p>8. Breaststroke for 25 yards</p> <p>9. Back crawl for 25 yards</p> <p>10. Butterfly for 25 yards</p> <p>11. Sidestroke for 25 yards</p> <p>12. Front flip turn</p> <p>13. Back flip turn</p> <p><i>14. Learn appropriate safety skills</i></p> <p>LEVEL 5 EXIT REQUIREMENTS</p> <p>1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary, and swim elementary backstroke for 50 yards.</p> <p>2. Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards.</p>
<p>LEVEL 1 EXIT REQUIREMENTS</p> <p>1. Enter unassisted, travel 5 yards, bob 3 times, then safely exit water</p> <p>2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position (can be performed with support)</p>	<p>LEVEL 2 EXIT REQUIREMENTS</p> <p>1. Step from side into chest-deep water, move into a front float 5 seconds, roll to back, float 5 seconds, then return to a vertical position</p> <p>2. Move into a back float for 5 seconds, roll to front, then recover to a vertical position</p> <p>3. Push off and swim, using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue for 5 body lengths</p>	<p>LEVEL 3 EXIT REQUIREMENTS</p> <p>1. Jump into deep water from the side, recover to the surface, maintain position by tread/float for 1min, rotate one full turn, then turn to face exit, level off, swim front crawl and/or elementary backstroke for 25 yards, and exit the water</p> <p>2. Push off in streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke 15 yards, exit water.</p>	<p>LEVEL 4 EXIT REQUIREMENTS</p> <p>1. Perform feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, & swim elementary backstroke for 25 yards.</p> <p>2. Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards.</p> <p>3. Submerge and swim 3 to 5 body lengths underwater without hyperventilating, return to surface, exit water.</p>	<p>LEVEL 5 EXIT REQUIREMENTS</p> <p>1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary, and swim elementary backstroke for 50 yards.</p> <p>2. Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards.</p>