

### **Level I – Introduction to Water Skills**

Can your child:

- Front float alone?
- Back float alone?
- Confidently wade into shoulder-deep water alone?
- Open his or her eyes underwater?
- Blow bubbles through his or her nose and mouth?
- Go from front float, to back float, and back to front float again?
- Put face in the water freely?

If you answered “no” to any of these questions, your child is just right for level I.

### **Level II – Fundamental Aquatic Skills**

Can your child:

- Jump into chest deep water alone?
- Swim front crawl, face in water for 5 body lengths
- Swim back crawl, for a distance of 5 body lengths
- Show understanding of elementary back stroke
- Show understanding of breast stroke
- Show understanding of dolphin kick
- Swim on front with combined arm and leg action?
- Swim on back with combined arm and leg action?
- Tread water for 15 seconds?

If you answered “no” to some and “yes” to some of these questions, your child is just right for Level II. If you answered “no” to most of these questions, your child is just right for Level I.

### **Level III – Stroke Development**

Can your child:

- Jump into deep water unaided?
- Dive from the sitting or kneeling position?
- Retrieve an object from a depth greater than your child’s height?
- Swim the front crawl with alternate breathing (breathing on both sides)?
- Swim the butterfly kick (short, fast, dolphin dives)?
- Glide on front with two different kicks?
- Glide on back with two different kicks?
- Tread water for a minute?

If you answered “no” to some and “yes” to some of these questions, your child is just right for Level III. If you answered “no” to most of these questions, your child is just right for Level II.

#### **Level IV – Stroke Improvement**

Can your child:

- Dive from a standing position?
- Swim underwater at least 25 yards?
- Do a feet-first surface dive?
- Back float for two minutes?
- Swim the front crawl with appropriate breathing for 25 yards?
- Swim the breast stroke with appropriate breathing for 25 yards?
- Tread water for two minutes?
- Complete open turns
- Show understanding of butterfly?
- Show understanding of side stroke

If you answered “no” to some and “yes” to some of these questions, your child is just right for Level IV. If you answered “no” to most of these questions, your child is just right for Level III.

#### **Level V – Stroke Refinement**

Can your child:

- Perform a shallow dive and glide into the front crawl?
- Swim underwater 25 yards?
- Do a tuck surface dive?
- Do a Pike surface dive?
- Swim the front crawl for 50 yards?
- Swim the butterfly for 25 yards?
- Swim the back crawl for 50 yards?
- Swim the elementary backstroke for 50 yards?
- Swim the sidestroke for 25 yards?
- Demonstrate shallow water and deep water dives off the side and diving board
- Retrieve a submerged object in deep water using a surface dive
- Flip Turns
- Tread water for 5 minutes
- Tread water without hands for 2 minutes

If you answered “no” to less than three of these questions and “yes” to the rest of these questions, your child is just right for Level V. If you answered “no” to three or more of these questions, your child should try Level IV.