

# LEARN TO SWIM SKILL REQUIREMENTS

## LEVEL EXIT REQUIREMENTS

### LEVEL 1

- Bobbing head under & retrieve object in shallow water 5 times
- Rolling from back float to front float/front float to back float
- Kicking on front with kickboard
- Back/ front float for 5 seconds
- Swim freestyle up to 5 yards

### LEVEL 2

- Build on Level 1 skills
- Kicking on back with kickboard
- Back float 15 seconds, roll onto stomach, into vertical position
- Swim backstroke 5 yards
- Swim freestyle & roll over into backstroke 5 yards
- Retrieve object in chest deep water

### LEVEL 3

- Build on Level 1 & 2 skills
- Breaststroke kick with kickboard
- Swim Breaststroke, Freestyle, Backstroke to 25 yards
- Tread water for 1 minute
- Ability to switch positions from on stroke to another

### LEVEL 4

- Build on skills from previous levels
- Swim underwater 5 yards
- Swim Butterfly, Breaststroke, Freestyle, Backstroke to 25 yards

### LEVEL 5

- Build on skills from previous levels
- Diving in deep water
- Tread water in deep water for 5 minutes
- Level 6- begin to swim lengths at a time continuously
- Swim Butterfly, Breaststroke, Freestyle, Backstroke to 50 yards
- Use of flip turns (freestyle/backstroke)
- Ability to swim 500 yards continuously to pass Level 6