

In order for your child to participate in each level they must be able to successfully complete the goals/skills described below.

Level 1 – Water Exploration - No Prior Experience, No Basics - Designed for those fearful of the water, unable to submerge their faces under water.

Level 2A – Swim Readiness - For those comfortable in the water, can submerge their face under water, comfortable with front float, back float and semi-front crawl.

Level 2B – Primary Skills – For those capable of swimming on top of water well, back float with kick and semi-rhythmic breathing.

Level 3 – Independent Swimming – Ability to swim front crawl with some rhythmic breathing and capable of elementary backstroke.

Level 4 – Stroke Development – Ability to swim front crawl with rhythmic breathing, elementary backstroke, backstroke, beginning side stroke, and dolphin kick.

Level 5 – Technicals – Perfection of every stroke. Skill required moving on to the next level – mastering the butterfly.

Level 6 – Advanced Technicals – Perfection of every stroke.