

***** Swimmers must able to show 90% of each skill to pass each level**

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
Skills + or -	Skills	Skills	Skills	Skills	Skills
1. Enter & exit water independently using ladder, steps or side of pool	1. Front float to vertical position	1. Dive from side of pool from kneeling and compact positions	1. Racing dive from blocks	1. Freestyle review	1. Freestyle with flip turn and streamline
2. Fully submerge face	2. Turn over front to back	2. Hands down at sides kicking, rotation from front to back	2. Rotary breathing	2. Backstroke review	2. Backstroke with flip turn and stream line
3. Blow bubbles	3. Turn over back to front	3. Freestyle drills: Kick on side, Shark Arm, 8-kick switch, triple switch	3. Dive from standing position	3. Breaststroke with legal kick	3. Breaststroke with 2 hand touch and breakout
4. Move 15 yards along side of pool maintaining contact with wall	4. Extended kickboard kicking on stomach with breathing to the side	4. Rythmic breathing on sides	4. Sculling on front	4. Breaststroke drills: Kick on back, Head lead, Breast pull with undulation, Extended glide	4. Butterfly with 2 hand touch and streamline
5. Pick-up objects feet to hands	5. Push off wall and kick in streamline	5. Backstroke - kick on side; thumb out, pinky in	5. Freestyle drills: Kick on side, Shark arm, 8-kick switch, Triple switch	5. Butterfly drills: Focus on timing of stroke (3 undulations, 1 arm stroke) Head lead undulation, Hand lead undulation, Stone Skipper, 6 undulations 2 full strokes	5. IM transition turns

