

Level I	Level II	Level III	Level IV	Level V	Level VI	Level VII
Water Exploration	Primary Skills	Stroke Readiness	Stroke Development	Stroke Refinement	Skill Proficiency	Advanced Skills
Fully submerge face (3 Seconds)	Hold breath and fully submerge (3 seconds)	Retrieve object from bottom in chest deep water	Deep water bobbing	Alternate breathing	Approach and hurdle on diving board	Springboard dive in tuck and pike positions
Bounce up and down in chest deep water (10 times) OR Bob to chin level with support (10 times)	Submerge and retrieve objects in chest deep water Explore deep water with support	Bob, submerging head completely (15 times in chest deep water)	Jelly fish and tuck float	Stride jump entry	Jump tuck from diving board	Swim continuously, any combination of strokes (500 yards)
Supported float on front	Prone float of glide unsupported and recovery (5 seconds)	Bob in water slightly over head and travel to safe area	Dive from side of pool from stride and standing position	Beginner diving progression from diving board	Front crawl (100 yards, 1 turn minimum)	Front crawl (200 yards)
Supported float on back	Back float or glide unsupported and recovery (5seconds)	Jump into deep water from side of pool	Elementary backstroke (10 yards)	Long shallow dive	Back crawl (100 yards, 1 turn minimum)	Swimming under water (15 yards)
Bubble blowing	Leveling off from vertical position	Dive from side of pool from kneeling and compact positions	Sculling on the back (5 yards or 15 seconds)	Breaststroke (10 yards)	Breaststroke (25 yards)	Back crawl (100 yards)
Water entry and exit	Rhythmic breathing (bobbing) with or without support (10 times)	Prone glide with push off (2 body lengths)	Front crawl with rotary breathing (25 yards)	Swimming under water (3 body lengths)	Sidestroke (25 yards)	Breaststroke (50 yards)
Walk 5 yards along side of pool	Step from side into chest deep water and recover to vertical position	Back glide with push off (2 body lengths)	Back crawl (25 yards)	Elementary backstroke (25 yards)	Butterfly (10 yards)	Sidestroke (50 yards)
Supported kick on front	Get out at side of pool	Swim front crawl, breathing as necessary to front or side. (10 yards)	Breaststroke kick 10 yards, with of without kickboard	Butterfly Dolphin kick (10 yards)	Approach stroke (25 yards)	Butterfly (25 yards)
Supported kick on back	Flutter kick on front Flutter kick on back	Swim back crawl (10 yards)	Scissors kick 10 yards, with or without kickboard	Front crawl (50 yards)	Breaststroke turn	Backstroke flip turn
Walk 5 yards in chest deep water alternating arms	Finning on back	Elementary backstroke kick 10 yards, with or without kickboard	Demonstrate change of direction at wall	Back crawl (50 yards)	Sidestroke turn	In-water rescue using equipment
Basic safety rules	Back crawl arm action Combined stroke on front using flutter kick and crawl stroke arms (5 yards)	Reverse direction while swimming on front	Tread water with modified scissors, modified breaststroke, and rotary kicks (2 minutes)	Open turn on front Open turn on back	Speed turn and pull-out for breaststroke	Conditioning principles
Reaching assists without equipment	Combined stroke on front using flutter kick and finning or backstroke arms (5 yards)	Reverse direction while swimming on back	Demonstrate rescue breathing without mouth-to-mouth contact	Rules of safe diving from board	Flip turn for front crawl	Check heart rate
Practice release of cramp	Turning over, front to back/back to front	Safe diving rules	Video or demonstration of CPR	Recognition of spinal injury	Pike surface dive	Retrieve diving brick, deep water (8-10 feet deep)
Use of lifejacket	Use of lifejacket	Tread water (1 minute)		Hip/shoulder support for spinal injury victim	Tuck surface dive	Review Basic Water Safety Skills
	Reaching and extension assists Assist non-swimmer to feet	Jump into deep water with lifejacket on		Feet-first surface dive	Alternative kicks for treading water (Tread water for 3 minutes, 1 minute with no hands)	Tread water (5 minutes)
	Rescue breathing demonstration	HELP position (1 minute)		Tread water (2 minutes total with 2 different kicks)	Snorkeling Snorkeling Entries	Assist with backboard rescue
		Huddle position (1 minute)			Canoeing	
		How to open airway for rescue breathing			Throwing rescue	
					Roll spinal injury victim face up	