



Level	New Skills
Tadpole Parent & Child 1	Entering & Exiting the Water, Blowing Bubbles with mouth and nose, Underwater exploration, Submerge mouth, nose, and eyes, Front Glides, Back Glides, Rolling from front to back and back to front, Passing from instructor to parent, Leg action on Front and Back.
Frog Parent & Child 2	Entering & Exiting Water Independently, Retrieving objects below the surface, Bobbing, Front Float, Back Float, Arm Action on Front and Back, Combined Arm and Leg Action on Front and Back.
Turtles Preschool 1	Enter and Exit Water, Submerge mouth, nose, and eyes, Retrieve submerged objects in shallow water, Front Glide, Back Glide, Back, Roll from front to back and back to front, Arm and Hand Treading Action, Arm and Leg Action on Front and Back.
Narwhals Preschool 2	Bobbing, Retrieving Objects in Chest-deep water, Front Float, Treading Water for 15 seconds in shoulder-deep water, Combined Arm and Leg Action on Front and Back, Finning.
Dolphins Preschool 3	Enter water by jumping into shoulder-deep water, Rotary Breathing, treading water for 30 seconds, Combined Arm and Leg Action on Front and Back.
Learn-to-Swim Level 1	Enter and Exit Water, Bobbing, Retrieve submerged objects in shallow water, Front Glide, Back Glide, Back Float, Roll from front to back and back to front, Arm and Hand Treading Action, Arm and Leg Action on Front and Back.
Learn-to-Swim Level 2	Rotary Breathing, Front Float, Front Glide, Back Glide, Back Float, Tread water for 15 Seconds, Finning.
Learn-to-Swim Level 3	Jump into Deep Water, submerge and return to surface, Headfirst entry from the side in seated and kneeling position, Front Crawl, Elementary Backstroke, Flutter kick, Breaststroke Kick, and Dolphin Kicks.
Learn-to-Swim Level 4	Headfirst Entry in Compact and Stride Positions, Feetfirst Surface Dive, Swim Underwater, Front Crawl and Elementary backstroke for 25 yards, Breaststroke, Back Crawl and Butterfly for 15 yards, Open Turns on Front and Back.
Learn-to-Swim Level 5	Shallow-angle dive into deep water, Pike surface dive, Treading Water for 5 Minutes, Front Crawl and Elementary Backstroke for 50 yards, Breaststroke, Back Crawl, and Butterfly for 25 yards.