



Swimming Level Descriptions

Description of what is expected at each level

Progression of Swimming Levels:

1. **Parent/Child** (ages 0-3)
2. **Preschool Red Level** (ages 4-5)
3. **Preschool White Level** (ages 4-6 & passed Red Level)
4. **Preschool Blue Level** (ages 4-6 & passed White Level)
5. **Level 1** (ages 6-7 & passed Blue Level)
6. **Level 2** (ages 6-8 & passed Level 1)
7. **Level 3** (ages 7-10 & passed Level 2)
8. **Level 4** (ages 8-12 & passed Level 3)
9. **Level 5** (ages 9-13 & passed Level 4)
10. **Level 6** (ages 10-15 & passed Level 5)

If your child does not fit the age/ability requirements of a certain level, please call us at 608-742-2178

PARENT/CHILD (AGES 0-3)

- Build basic water safety skills for both parent and child
- Helping kids 3 and younger become comfortable in the water so they are willing and ready to learn to swim at the next level
- Skills: Blowing bubbles, voluntarily submerging under water, bobbing, kicking, floating, basic water safety rules

PRESCHOOL RED LEVEL (AGES 4-5)

- Enter/Exit water using wall, steps, or ladder, bobbing, opening eyes under water and retrieving submerged objects
- Front/back floats, treading water with arms and legs
- Basic Water Safety rules, recognizing Lifeguards, how to call for help



PRESCHOOL WHITE LEVEL (AGES 4-6 & MUST PASS RED LEVEL)

- Enter/Exit water using wall, steps, and ladder, opening eyes under water to retrieve objects
- Front/Back floats and glides, roll from front to back and back to front, combined arm and leg actions on front and back
- Building on Basic Water Safety rules, recognizing Lifeguards, and how to call for help

PRESCHOOL BLUE LEVEL (AGES 4-6 & MUST PASS WHITE LEVEL)

- Enter water by jumping in, fully submerging face and holding breath, jellyfish and tuck floats, recover from front and back floats to vertical position
- Change direction of travel while swimming on front or back, tread water using arm and leg motions
- Combined arm and leg actions on front and back
- Recognizing an emergency, how to call for help, using a lifejacket

LEVEL 1 (AGES 6-7 OR PASSED PRESCHOOL BLUE LEVEL)

- Enter water by jumping in, fully submerging face and holding breath, bobbing, floating, gliding, recover from front/back float and glide to vertical position
- Change direction while swimming on front or back, tread water using arm and leg actions, combined arm and leg actions on front and back, finning arm action on back
- Basic Water Safety rules, recognizing an emergency, how to call for help, how to use a lifejacket





LEVEL 2 (AGES 6-8 & MUST PASS LEVEL 1)

- Jump/step into chest-deep water, submerge head for 5 seconds, bob and blow bubbles repeatedly, front/back float 5 seconds, front/back glide 2 body lengths, jellyfish float 5 seconds
- Treading in chest-deep water, combining strokes and kicks for 15 feet, finning and sculling for 10 feet, swim on side with support
- Helping others, Water Safety Rules, lifejacket use

LEVEL 3 (AGES 7-10 & MUST PASS LEVEL 2)

- Retrieve submerged object with eyes open, bob & submerge head repeatedly, jump into deep water, dive sitting or kneeling
- Rhythmic breathing, front glide with 2 kicks, back float in deep water 30 seconds, Survival Float 30 seconds, tread water 30 seconds
- Front crawl 15 yards, butterfly kick and body motion for 15 feet, back crawl 15 yards
- Water Safety Rules, safe diving rules, lifejacket help & huddle 1 minute, helping others

LEVEL 4 (AGES 8-12 & MUST PASS LEVEL 3)

- Dive, compact and stride jumps, swim underwater 3 body lengths, surface dives
- Survival float 1 minute, back float 1 minute, treading water 1 minute
- Front crawl 25 yards, breaststroke 15 yards, butterfly 15 yards, back crawl 25 yards, elementary backstroke 15 yards, scissor kick 15 yards
- Safe diving rules, throwing assist, conscious choking victim

LEVEL 5 (AGES 9-13 & MUST PASS LEVEL 4)

- Shallow dive, swim underwater 15 yards, survival float 2 minutes, back float 2 minutes, flip turns, tread water 2 minutes
- Front crawl 50 yards, butterfly 25 yards, breaststroke 25 yards, back crawl 50 yards, elementary backstroke 25 yards, side stroke 25 yards
- Rescue Breathing

LEVEL 6 (AGES 10-15 & MUST PASS LEVEL 5)

- Front crawl 100 yards, back crawl 100 yards, breaststroke 50 yards, elementary backstroke 50 yards, sidestroke 50 yards, butterfly 50 yards, flip turns
- Help position, huddle position, surface dives and retrieve object in deep end
- Self-rescue techniques while clothed, swimming while clothed, basic safety rules for open water, basic rules for boating