### Youth Level 1 Skills
- Enters & exits water safely.
  - Submerges mouth, nose, and eyes.
- Blow bubbles through mouth & nose - 3 sec.
- Open eyes underwater, pick up submerged object - 2 times.
- Front glide - 2 body lengths.
  - Recover from front glide to vertical.
- Back float - 3 sec.
  - Recover from back to vertical.
- Roll from front to back.
  - Roll from back to front.
- Alternating leg action on front & back - 2 body lengths.
  - Maintain front float position - face in - 5 sec.
- Simultaneous arm action on front & back - 2 body lengths.
  - Maintain back float position - 15 sec.
- Combined arm/leg action on front & back - 2 body lengths.
  - Roll from front to back.
  - Roll from back to front.
  - Tread water with.

### Youth Level 2 Skills
- Enters water by jumping from side (shoulder deep water).
- Exit water safely using ladder or side.
- Open eyes underwater, pick up submerged object - 2 times.
- Front glide - 2 body lengths.
  - Recover from front glide to vertical.
- Back float - 3 sec.
  - Recover from back to vertical.
- Roll from front to back.
  - Roll from back to front.
- Alternating leg action on front & back - 2 body lengths.
  - Recover from front float or glide to vertical.
- Simultaneous arm action on front & back - 2 body lengths.
  - Recover from back float to standing.
  - Front & Back glide - 2 body lengths.
- Combined arm/leg action on front & back - 2 body lengths.
  - Treading using arms and legs for 5 sec in shoulder-deep water.
  - Open eyes underwater, pick up submerged object.

### Youth Level 3 Skills
- Enters & exits water from side (shoulder deep water).
- Dip into deep water from side.
- Head first entry from sitting & kneeling.
- Submerging while moving towards safety - 3 bobs.
- Resting breathing - 10 times.
- Survival float - 30 sec in deep water.
- Back float - 30 sec in deep water.
- Change from vertical to horizontal pos. on front & back.
- Dolphin kick on back - 3.5 body lengths with both flippers & dolphin kick.

### Youth Level 4 Skills
- Maintains back float position.
- Recover from a front float or glide to standing.
- Change direction while swimming while on front or back.

### Youth Level 5 Skills
- Maintains front float position.
- Open eyes underwater, pick up submerged object.
- Enter water by jumping from side.
- Safety topics of recognizing a LG, wearing a life jacket, how to call for help.
- Enters water by jumping from side (shoulder deep water).
- Exit water safely using ladder or side.
- Open eyes underwater, pick up submerged object - 2 times.
- Front glide - 2 body lengths.
  - Recover from front glide to vertical.
- Back float - 3 sec.
  - Recover from back to vertical.
- Roll from front to back.
  - Roll from back to front.
- Alternating leg action on front & back - 2 body lengths.
  - Maintain front float position - face in - 5 sec.
- Simultaneous arm action on front & back - 2 body lengths.
  - Maintain back float position - 15 sec.
- Combined arm/leg action on front & back - 2 body lengths.
  - From front to back float.
  - Roll from front to back.
  - Roll from back to front.
  - Treading using arms and legs for 5 sec in shoulder-deep water.

### Youth Level 6 Skills
- Maintains back float position.
- Recover from a front float or glide to standing.
- Change direction while swimming while on front or back.