### Youth Level 1 Skills
- Enter & exit water safely
- Submerge 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 fr. 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
- Simultaneous leg action on front & back - 2 body lengths
- Roll from back to front
- Roll from front to back
- Front glide - 2 body lengths
- Recover from fr. glide to vertical
- Back float - 3 sec.
- Recover from back to vertical
- Alternating leg action on front & back - 2 body lengths
- Simultaneous leg action on front & back - 2 body lengths
- Treading arm action on chest deep water

### Youth Level 2 Skills
- Enter water by jumping from side (shoulder deep water)
- Shallow dive, glide, 2 body lengths, begin any front stroke
- Tuck surface dive submerge completely
- Pike surface dive submerge completely
- Front & back flip turn while swimming
- Tread water with 2 different kicks - 2 minutes
- Flower kick on back in streamline position 3-5 body lengths
- Dolphin kick on back in streamline position 3-5 body lengths
- Front crawl - 25 yards
- Breaststroke - 25 yards
- Butterfly - 15 yards
- Back crawl - 15 yards
- Elementary backstroke - 25 yards
- Sidestroke - 15 yards

### Youth Level 3 Skills
- Treading arm action in chest deep water
- Blow bubbles through mouth & nose
- Fully submerge and hold breath for 5 seconds
- Open eyes underwater, pick up submerged object - 2 times
- Maintain front float position - face in - 5 seconds
- Recover from a front float or glide to standing
- Maintain back float position - 15 seconds
- Recover from back float to standing
- Treading using arms and legs for 15 seconds in shoulder-deep water
- Front crawl - 15 yards
- Finning arm action on back - 5 lengths
- Combined arm and leg action on front & back - 5 lengths

### Youth Level 4 Skills
- Dives from compact & sit tight position
- Swim underwater - 3-5 body lengths
- Feet first surface dive - submerge completely
- Survival swimming - 30 sec in deep water
- Open turn on front & back
- Tread water with 2 different kicks - 2 minutes
- Flower kick on back in streamline position 3-5 body lengths
- Dolphin kick on back in streamline position 3-5 body lengths
- Front crawl - 25 yards
- Breaststroke - 25 yards
- Butterfly - 25 yards
- Elementary backstroke - 50 yards
- Sidestroke - 25 yards

### Youth Level 5 Skills
- Shallow dive from side
- Shallow dive, glide, 2 body lengths, begin any front stroke
- Tuck surface dive submerge completely
- Pike surface dive submerge completely
- Front & back flip turn while swimming
- Tread water with 2 different kicks - 2 minutes
- Flower kick on back in streamline position 3-5 body lengths
- Dolphin kick on back in streamline position 3-5 body lengths
- Front crawl - 25 yards
- Breaststroke - 25 yards
- Butterfly - 25 yards
- Elementary backstroke - 50 yards
- Sidestroke - 25 yards

### Youth Level 6 Skills
- Front crawl - 100 yards
- Breaststroke - 80 yards
- Elementary backstroke - 100 yards
- Butterfly - 50 yards
- Sidestroke - 50 yards
- Breaststroke - 50 yards
- Butterfly - 50 yards
- Front & back crawl open turn while swimming
- Front & back crawl flip turn while swimming
- Circle swimming & using pace clock
- Using pull buoy, fins, paddles while swimming - 25 yards

### Safety Topics
- Treading arm action in chest deep water
- Blow bubbles through mouth & nose
- Fully submerge and hold breath for 5 seconds
- Open eyes underwater, pick up submerged object - 2 times
- Maintain front float position - face in - 5 seconds
- Recover from a front float or glide to standing
- Maintain back float position - 15 seconds
- Recover from back float to standing
- Treading using arms and legs for 15 seconds in shoulder-deep water
- Front crawl - 15 yards
- Finning arm action on back - 5 lengths
- Combined arm and leg action on front & back - 5 lengths

### Preschool Level 1 Skills
- Enter & exit water safely
- Submerge 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 fr. 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
- Simultaneous leg action on front & back - 2 body lengths
- Combined arm/leg action on front & back - 2 body lengths
- Treading arm action on chest deep water

### Preschool Level 2 Skills
- Enter water by jumping from side (shoulder deep water)
- Fully submerge and hold breath for 5 seconds
- Open eyes underwater, pick up submerged object - 2 times
- Maintain front float position - face in - 5 seconds
- Recover from a front float or glide to standing
- Maintain back float position - 15 seconds
- Recover from back float to vertical
- Treading using arms and legs for 5 seconds in shoulder-deep water
- Front crawl - 15 yards
- Finning arm action on back - 3 lengths
- Combined arm and leg action on front & back - 3 lengths

### Preschool Level 3 Skills
- Jump into deep water from side - shoulder deep
- Fully submerge and hold breath for 5 sec.
- Bobbing - 5 times in chest-deep water
- Tuck float - 5 seconds
- Survival float - 30 sec in deep water
- Back glide - 2 lengths
- Change direction while swimming on front or back
- Tread water in shoulder-deep water - 15 sec
- Front crawl - 15 yards
- Finning arm action on back - 5 lengths
- Combined arm and leg action on front & back - 5 lengths

### Pre-school levels for children 3-4 years of age.
- Enter & exit water safely
- Submerge 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 fr. 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
- Simultaneous leg action on front & back - 2 body lengths
- Combined arm/leg action on front & back - 2 body lengths
- Treading arm action on chest deep water