

Basic Guideline to our Children's Learn to Swim Levels

Level 00: Apprehensive of the water and will not get in on their own

Level 01: Happy to enter the water on their own and learning to float

Level 02: Can float without help on front and learning to float on back

Level 03: Can float on front and back, Beginning to swim - front crawl and kicking on back

Level 04: Introduction to front crawl and back swim, jumping into deep water unassisted

Level 05: Introduction to front crawl breathing, back crawl, whip kick on back, intro to front dive

Level 06: Increase stamina, continue perfecting strokes, intro to head first sculling & stride jump

Level 07: Intro to elementary back stroke, whip kick on front, HELP position and deep dive

Level 08: Intro to breast stroke, shallow dive, underwater swim, 150 m front crawl

Level 09: Intro to side stroke, stationary egg beater, forward roll entry

Level 10: 200m continuous swim, intro to foot first surface dive and lifesaving kick

Level 11: 250m continuous swim, intro to head first surface dive

Level 12: 300m continuous swim, lifesaving skills, 25m eggbeater, front flip turn

Level 13: Timed 300 m swim, basic waterfront rescues, head up front crawl