

## Infants



Ages 6 mo to 2 years

Face submersion without crying, Back float without crying, Kick without needing parent, Able to reach for items in the water, and Assisted jump without crying

### Level 1

Fully submerge, Back Float, Front Float, 1 2 3 Roll, Freestyle, Kick in Front, Kick In Back, Jump Turn Grab Wall, and Climb Out



## Kids/ Adolescents



Ages 2 to 18 years

### Level 2

All level skills unassisted, Backstroke arms for 10 to 15 yards, 1 2 3 roll 15 to 20 yards, Elementary backstroke, Treading water for 30 seconds



### Level 3A

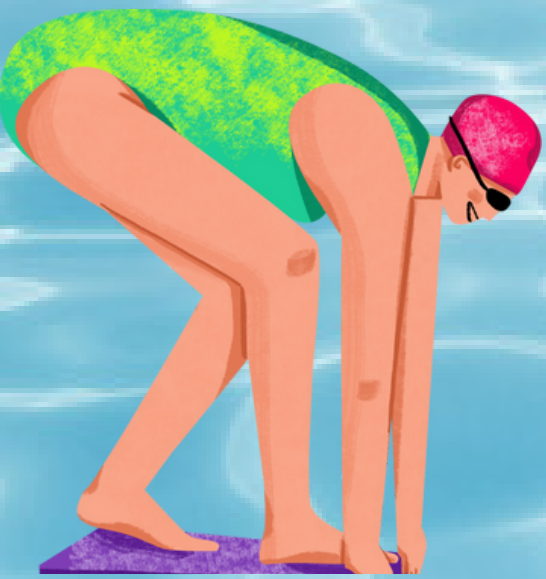
Focus on Freestyle form and side breathing, Good Backstroke form, Beginning Breaststroke and Butterfly, Dives are introduced

### Level 3B

Continue mastery of all 4 strokes, Swim Team dives and all Types of turns (Freestyle flip turns, Backstroke flip turns, Open turns and IM turns)







## Level 4A

This level is where they are ready for any level of swim team and choose to be a competitive swimmer. Swimmers will fine tune their strokes, work on specific techniques and make sure they learn USA Swimming rules and regulations.

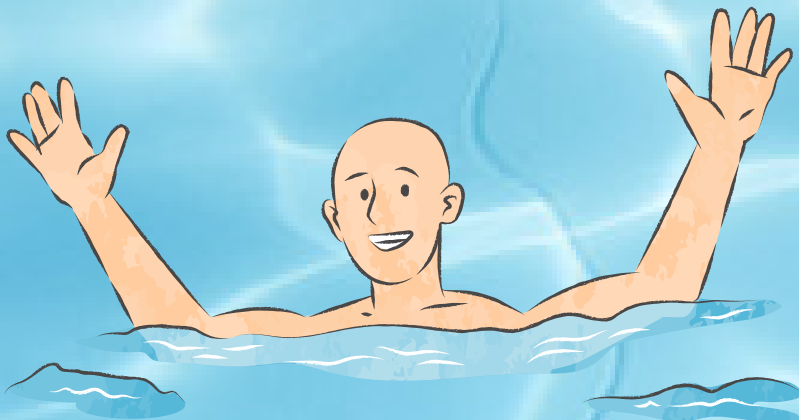


## Level 4 B

This level is where they are ready for any level of swim team but choose not to swim. Instead, swimmers that are at this level will tell their coach what they would like to work on. This level is a personal goal-based level.



## Water Adjustment/ Beginner



Adults (18+)

Water Adjustment program is built to accommodate adults who have fear of water and help overcome fear

Beginner is for 18+ year old that has no swimming experience and needs to start from the basics and work their way up learning strokes to their desires/ability.

