

Class Level Skills

Below is a list of skills needed to be satisfied to complete each level.

Tiny Tots

- 1) Float on stomach 5 seconds
- 2) Float on back (intro)
- 3) Superman Glide 5 feet
- 4) Open eyes under water

Beginner I

- 1) Float on stomach 10 seconds
- 2) Float on back 5 seconds
- 3) Hold Breath underwater 5 seconds
- 4) Superman Glide 6 feet
- 5) Superman Kick 6 feet
- 6) Kick on back 6 feet
- 7) Intro to crawl stroke 10 feet

Beginner II

- 1) Hold Breathe 10 seconds
- 2) Superman Glide 10 feet
- 3) Superman Glide on back 10 feet
- 4) Rhythmic Breathing 10 times
- 5) Crawl Stroke 20 feet
- 6) Underwater breaststroke 10 feet

Novice

- 1) Survival Float 1 min
- 2) Intro treading water 30 seconds
- 3) Sculling on your back 20 feet
- 4) Intro Backstroke 15 yards
- 5) Crawl Stroke 25 yards
- 6) Elementary Backstroke 25 yards
- 7) Standing front dive and swim underwater 15 feet

Dolphin

- 1) Survival Float 2 min
- 2) Treading water 1 min
- 3) Intro Sidestroke 25 yards
- 4) Backstroke 25 yards
- 5) Intro Breaststroke 25 yards
- 6) Crawl Stroke 50 yards
- 7) Elementary Backstroke 50 yards
- 8) Racing Turns
- 9) 75 yard IM (Back, Breast, Crawl)

Flying Fish

- 1) Survival Float 5 min
- 2) Intro Racing Dives
- 3) Crawl Stroke 100 yards
- 4) Sidestroke 50 yards
- 5) Backstroke 50 yards
- 6) Intro Butterfly 25 yards
- 7) Individual Medley 100 yards
(Fly, Back, Breast, Crawl)