

Learn to Swim Progression Chart

Parent-Tot

1. Cue words
2. Water adjustment
3. Water entry
4. Exploring the pool
5. Front kick
6. Passing
7. Drafting
8. Bubble blowing
9. Scooping
10. Back float
11. Arm movement-on front
12. Rolling over
13. Introduction to life jacket
14. Water exit

Angelfish- Preschool

1. Water adjustment
2. Water entry and exit
3. Getting face wet
4. Blowing bubbles
5. Assisted front and back float
6. Flutter kick
7. Introduce finning
8. Breath holding-5 seconds
9. Jumping in
10. Bobbing-5 times
11. Front float and glide
12. Back float and glide
13. Introduce crawl stroke arms
14. Safety skills

Seals-Level 1

1. Enter water safely using ladder, steps or side
2. Exit water safely using ladder, steps or side
3. Submerge mouth, nose and eyes
4. Exhale underwater (blow bubbles) through mouth and nose, 3 seconds
5. Open eyes underwater, pick up a submerged object held at arms length, 2 times
6. Front float, 5 seconds (with support)
7. Recover from a front float to a standing position
8. Back float, 5 seconds (with support)
9. Recover from a back float to a standing position
10. Change direction of travel while walking or paddling
11. Roll over from front to back (with support)
12. Roll over from back to front (with support)
13. Explore arm and hand movements (with

- support)
14. Alternating arm action 5ft. (with support) on front
15. Simultaneous arm action 5ft. (with support) on front
16. Alternating leg action 5ft. (with support) on front
17. Simultaneous leg action 5ft. (with support) on front
18. Combine stroke on front, using any type of arm and leg action 5ft. (with support)
19. Water safety rules
20. How to use a life jacket
21. Wearing a life jacket in the water
22. How to recognize a swimmer in distress
23. How to get help
24. Alternating arm action, 5 ft. (with support) on back
25. Simultaneous arm action, 5 ft. (with support) on back
26. Alternating leg action, 5 ft. (with support) on back
27. Simultaneous leg action, 5 ft. (with support) on back
28. Combined stroke on back, using any type of arm and leg action, 5 ft. (with support)

Dolphins-Level 2

1. Enter water by stepping or jumping from the side
2. Exit water safely using ladder or side
3. Submerge entire head, 5 seconds
4. Bob, 5 times
5. Open eyes underwater, pick up a submerged object, 3 times in shallow water
6. Front float, 5 seconds
7. Recover from a front float to a standing position
8. Front glide, 2 body lengths
9. Jellyfish float, 5 seconds
10. Back float, 5 seconds
11. Recover from back float to a standing position
12. Back glide, 2 body lengths
13. Change direction of travel paddling on front or back
14. Roll over from front to back
15. Roll over from back to front
16. Tread water, using arm and leg motions
17. Combined arm and leg actions on front, 15 ft.
18. Finning arm action on back, 10 ft.
19. Sculling arm action on back, 10 ft.
20. Combined arm and leg actions on back, 15 ft.

21. Swim on side, alternating leg action, 5 ft. (with support)
22. Swim on side, simultaneous leg action, 5 ft. (with support)
23. Water safety rules
24. How to use a life jacket
25. Move in the water while wearing a life jacket
26. How to recognize a distressed swimmer
27. How to get help

Stingrays-Level 3

1. Jump into deep water from side
2. Head-first entry from the side in a sitting or kneeling position
3. Submerge and retrieve an object, 3 seconds
4. Perform bobs with head fully submerged, 5 times
5. Perform rotary breathing with the body in a horizontal position, 5 times
6. Front glide-kick one, 2 body lengths
7. Front glide-kick two, 2 body lengths
8. Survival float, 30 seconds
9. Back glide-kick one, 2 body lengths
10. Back glide-kick two, 2 body lengths
11. Back float, 30 seconds
12. Change from vertical to horizontal position on front, in deep water
13. Change from vertical to horizontal position on back, in deep water
14. Tread water, 30 seconds, in deep water
15. Front crawl, 15 yards
16. Butterfly-kick and body motion, 15 ft.
17. Back crawl, 15 yards
18. General water safety rules
19. Wearing a life jacket, enter the water using ladder, steps or side
20. HELP position, 1 minute
21. Huddle position, 1 minute
22. Perform reaching assist
23. Check-call-care

Sharks-Level 4

1. Dive from side in a compact or stride position
2. Swim underwater, 3 body lengths
3. Perform a feet first surface dive and submerge completely
4. Survival float, 1 minute, in deep water
5. Back float, 1 minute, in deep water
6. Open turn on front and push off in streamlined position
7. Open turn on back and push off in streamlined position
8. Tread water using modified scissors,

- breaststroke, or rotary kick and sculling arm motions, 1 minute
9. Front crawl, 25 yards
10. Breaststroke, 15 yards
11. Butterfly, 15 yards
12. Back crawl, 25 yards
13. Elementary backstroke, 15 yards
14. Swim on side with scissors kick, 15 yards
15. Additional rules for safe diving
16. Compact jump into the water from a height while wearing a life jacket
17. Throwing assist
18. Care for conscious choking victim

Whales-Level 5

1. Shallow dive from the side
2. Shallow dive, glide two body lengths and begin any front stroke
3. Swim underwater, 15 yards
4. Tuck surface dive
5. Pike surface dive
6. Survival float, 2 minutes
7. Back float, 2 minutes
8. Survival swimming, 2 minutes
9. Flip turn on front
10. Flip turn on back
11. Tread water-kick one, 2 minutes
12. Tread water-kick two, 2 minutes
13. Front crawl, 50 yards
14. Butterfly, 25 yards
15. Breaststroke, 25 yards
16. Back crawl, 50 yards
17. Elementary backstroke, 25 yards
18. Sidestroke, 25 yards
19. Rescue Breathing

Personal Water Safety-Level 6-A

1. Front Crawl, 100yards
2. Back Crawl, 100 yards
3. Breaststroke, 50 yards
4. Front crawl open turn
5. Sidestroke open turn
6. Backstroke open turn
7. Survival float, 5 minutes, in deep water
8. Back float, 5 minutes, in deep water
9. Survival swimming, 10 minutes
10. Feet-first surface dive
11. Pike surface dive
12. Tuck surface dive
13. Surface dive and retrieve an object from the bottom
14. Elementary Backstroke, 50 yards
15. Sidestroke, 50 yards
16. Butterfly, 50 yards
17. Front flip turn

18. Breaststroke turn
19. Butterfly turn
20. Backstroke flip turn
21. Perform self-rescue techniques while clothed
22. Swimming while clothed, 50 yards
23. Basic safety rules for open water
24. Basic safety rules for boating
25. Tread water, 5 minutes, in deep water
26. Tread water, kicking only, 2 minutes, in deep water
27. HELP position, 2 minutes, in deep water
28. Huddle position, 2 minutes in deep water

Lifeguard Readiness-Level 6-B

1. Front crawl, 100 yards
2. Back crawl, 100 yards
3. Breaststroke, 50 yards
4. Front crawl open turn
5. Sidestroke open turn
6. Backstroke open turn
7. Tread water, 5 minutes, in deep water
8. Tread water, kicking only, 2 minutes, in deep water
9. Compact jump with rescue tubes
10. Front crawl with rescue tube trailing, 25 yards
11. Breaststroke with rescue tube trailing, 25 yards
12. Swim on back holding object and keeping face out of water, 25 yards
13. Hip and shoulder support
14. Head splint
15. Using a backboard
16. Elementary backstroke, 50 yards
17. Sidestroke, 50 yards
18. Butterfly, 50 yards
19. Front flip turn
20. Breast stroke turn
21. Butterfly turn
22. Backstroke flip turn
23. Wading assist with equipment
24. Walking assist
25. Beach drag
26. Two-person removal from water
27. Check-Call-Care
28. Call for emergency help
29. Care for conscious choking victim
30. Rescue breathing
31. Throwing assist
32. Feet-first surface dive
33. Pike surface dive
34. Tuck surface dive
35. Surface dive and retrieve an object from the bottom.

Fitness Swimmer-Level 6-C

1. Front Crawl, 100 yards
2. Back Crawl, 100 yards
3. Breaststroke, 50 yards
4. Front crawl open turn
5. Sidestroke open turn
6. Backstroke open turn
7. Demonstrate etiquette in fitness swimming
8. Use a pace clock
9. Use a pull buoy while swimming
10. Use fins while swimming
11. Use paddles while swimming
12. Elementary backstroke, 50 yards
13. Sidestroke, 50 yards
14. Butterfly, 50 yards
15. Front flip turn
16. Breaststroke turn
17. Butterfly turn
18. Backstroke flip turn
19. Describe the principles of setting up a fitness program
20. Demonstrate various training techniques
21. Calculate target heart rate
22. Apply principles of water exercise
23. Call for emergency help
24. Care for conscious choking victim
25. Rescue breathing
26. Reaching assist
27. Throwing assist
28. Feet-first surface dive
29. Pike surface dive
30. Tuck surface dive
31. Surface dive and retrieve an object from the bottom

Fundamentals of Diving-Level 6-D

1. Front crawl, 100 yards
2. Back crawl, 100 yards
3. Breaststroke, 50 yards
4. Front crawl open turn
5. Sidestroke open turn
6. Backstroke open turn
7. Basic stretching exercises for diving
8. Dive from side from kneeling and compact position
9. Dive from side from stride and standing positions
10. Forward dive fall in from diving board
11. Approach and hurdles
12. Elementary backstroke, 50 yards
13. Sidestroke, 50 yards
14. Butterfly, 50 yards
15. Front flip turn
16. Breaststroke turn

17. Butterfly turn
18. Backstroke flip turn
19. Forward jump, tuck position
20. Forward dive, tuck position
21. Forward dive, pike position