



# YOUTH SWIM LEVELS

## LEVEL A1 & A2

Parents accompany children in Level A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

## LEVEL B1 & B2

In Level B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

## LEVEL 1

In level 1, students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

## LEVEL 2

In level 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

## LEVEL 3

In level 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

## LEVEL 4

Students in level 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

## LEVEL 5

Students in level 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

## LEVEL 6

Students in level 6 refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.