

Swim Basic Requirements:

Swimmer must be able to preform these requirements in order to be put into the stage listed below.

Stage 1

Beginner Level class

Stage 2

- Submerge head
- Float on Front
- Glide on Front with kick
- Float on Back
- Glide on Back with kick
- Exit the Water safely
- Roll front to back & back to front
- Jump in, turn around & grab the wall
- Know Pool Rules

Stage 3

- Submerge Head
- Float on Front & Back
- Glide on Front & Back With No Help
- Safely exit the water without the ladder
- Roll front to back & back to front
- Swim combined stroke on front for 45 ft.
- Jump in, turn around & grab the wall
- Swim, float, swim
- Know Pool Rules

Stage 4

- Submerge Head
- Swim on Front – 25 yds
- Swim on Back – 45 ft
- Safely exit the water
- Tread Water
- Roll front to back & back to front
- Jump in, swim to the pool edge
- Swim, float, swim
- Know Pool Rules

Stage 5

- Front crawl with rhythmic breathing for 25 yards
- Back crawl for 25 yards
- Breast stroke for 25 yards
- Flip Turns
- Sitting & Kneeling Dive
- Tread Water for 1 Minute
- Elementary Backstroke for 25 yards
- Float on Back for 1 Minute
- Know Pool Rules

Stage 6

- Front crawl with Rhythmic Breathing for 100 yards
- Back crawl for 100 yards
- Breast Stroke for 50 yards
- Butterfly for 25 yards
- Sidestroke
- Standing Dive from side & block
- Freestyle Flip Turns
- Tread Water for 5 Minutes

