

# LEARN-TO-SWIM LEVEL REQUIREMENTS

## Seahorse

3 – 5 years old

## Goldfish

Minimum 5 yrs.

no swimming experience

## Bullfrog

Minimum 7 yrs.

Float on front & back

Kick 15 ft. on front & back

## Blue Whales

Minimum 8 yrs.

Swim 30 ft. front & back (4 ½ lines)

## Starfish

Minimum 10 yrs.

Swim 45 ft. front & back (across indoor pool)

Swim 45 ft. elementary backstroke

## Eels

Minimum 11 yrs.

Swim 25 yds. Front & back crawl

Swim 15 yds. Elementary backstroke

Swim 15 yds. Breaststroke

Swim 15 yds. Butterfly

## Dolphins

Minimum 12 yrs.

Swim 50 yds. Front & back crawl

Swim 25 yds. Elementary backstroke & breaststroke

Swim 15 yds. Butterfly

Swim 15 yds. Sidestroke



## SEAHORSE

### Pool rules

Roll in entry with help

Blow bubbles with face in water

Submerge face

Open eyes underwater

Float on front unassisted

Float on back unassisted

Front glide with support – 8 feet

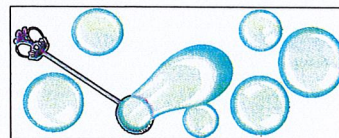
Back glide with support – 8 feet

Kick on front w/kickboards with assistance

Kick on back w/kickboards with assistance

Front crawl arm action

Submerge and kick up



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## GOLDFISH



### Pool Rules

Safe Entry

Bubbles

Bobs-5 times w/ head submerged

Front Float w/recovery – 3 seconds

Back Float w/recovery – 3 seconds

Front Glide – 10 feet

Back Glide – 10 feet

Jump into chest deep water

Retrieve object – 2 feet

Flutter kick on back w/ kickboard – 21 ft.

Front crawl arm action w/support

Combined stroke on front w/ support – 15 ft.

Finning on back w/ support

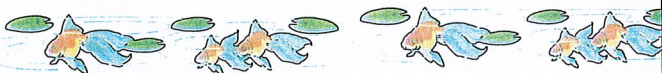
Combined stroke on back w/support – 15 ft.

Roll over front to back with assistance

Roll over back to front with assistance

Use of lifejacket – float unassisted

Calling for help – 9-1-1



## Bullfrogs

Bobs – 15 times – head submerged

Retrieve Object – shallow water.

Front float w/ recovery – 5 seconds

Front glide – 15 ft.

Flutter kick on front w/o kickboard – 15 ft.

Front crawl arm action – no support

Combined stroke on front w/ breathing – 21 ft.

Back float w/recovery – 5 seconds

Back glide – 15 ft.

Flutter kick on back w/o kickboards – 15 ft.

Finning on back

Combined stroke on back w/ finning

Jump into deep water – 5 ft.

Tread water – 5 seconds

Back crawl arm action

Back crawl – 15 ft.

Change directions on front

Change directions on back

Turn over front to back – unassisted

Turn over back to front – unassisted

Put on lifejacket, jump in & swim 21 ft.





## Blue Whales

Bobs w/breathing 15 times  
 Flutter kick on front - 15 yds. w/kickboard  
 Flutter kick on back - 15 yds. w/kickboard  
 Rotary breathing on kickboards  
 Jump into 6 ft. deep water.  
 Retrieve object - 5 ft.  
 Tread water 15 seconds  
 Deep water bobs  
 Vertical to horizontal position  
 Sitting dive  
 Kneeling dive  
 Front crawl - 15 yds.  
 Back crawl - 15 yds.  
 Elementary backstroke - 15 yds.  
 Dolphin kick - 21 ft.  
 Open turn - front crawl  
 H.E.L.P. position - 1 minute  
 H.U.D.D.L.E. position  
 Reaching assist from the deck  
 Extension assist from deck  
 Check consciousness & call 9-1-1



## Starfish

Rotary breathing w/kickboards - 15 yds  
 Front crawl w/rotary breathing - 25 yds.  
 Back crawl - 25 yds.  
 Elementary backstroke - 15 yds  
 Breaststroke kick w/kickboards - 15 yds  
 Breaststroke - 15 yds.  
 Deep water bobs - off wall - 10 times  
 Tread water w/breaststroke & flutter kick  
 - 30 seconds  
 Feet first surface dive  
 Underwater swim 15 ft.  
 Dolphin kick w/kickboards - 15 yds  
 Butterfly - 15 yds.  
 Flip turn on front  
 Open turn on back  
 Diving rules  
 Compact dive.  
 Stride dive  
 Survival float - 1 minute  
 Life jacket - swim to & put on  
 Throwing assist



## Eels

Front crawl - 50 yards  
 Back crawl - 50 yards  
 Elementary backstroke - 25 yards  
 Breaststroke - 25 yards  
 Butterfly - 15 yards  
 Scissors kick - 15 yards  
 Sidestroke - 15 yards  
 Alternate breathing  
 Long shallow dive  
 Standing dive from deck  
 Jump from diving board  
 Tuck surface dive  
 Pike surface dive  
 Underwater swim - 21 feet  
 Flip turn - back crawl  
 Butterfly turn  
 Speed turn - breaststroke  
 Treading with rotary kick  
 Tread water 1 minute with sculling  
 Survival swim - 10 yards  
 Compact jump w/lifejacket from step of  
 mobile chair



## Dolphins

Front crawl -w/flip turn - 100 yds  
 Back crawl w/ flip turn - 100 yds  
 Elementary backstroke w/turn - 50 yds  
 Breaststroke -w/turn - 50 yds  
 Butterfly - 25 yds  
 Sidestroke - 25 yds  
 Stride jump from deck with rescue tube  
 Approach stroke w/rescue tube trailing  
 Compact jump from mobile chair step  
 w/rescue tube  
 Grab or track start from deck  
 Backstroke start from deck  
 Forward dive from board  
 Forward dive progression from board  
 Approach stroke with rescue tube trailing - 15 yds  
 Surface dive for object - 9 ft.  
 Tread water - 2 min. - with sculling  
 Tread water - kick only - 1 minute  
 Swim on back w/object in shallow water - 15 yds  
 Wading assist w/equipment  
 Walking assist  
 Hip/shoulder support  
 Disrobing

