

# Swim Goals

## Level 1

- Enter and exit water independently
- Blow bubbles
- "Wash Face"
- Supported Float on Front & Back

## Level 2

- Float on back for 10 seconds
- Front Glide and recover for 5 seconds
- Back Glide and recover for 5 seconds
- Swim front crawl for 2 body lengths
- Jump from the side of pool

## Level 3

- Swim on front independently
- Flutter kick with a board
- Streamline kick rolling to back
- Elementary Backstroke
- Supported Backstroke

## Level 4

- Flutter, Breaststroke, and Dolphin Kick
- Swim on Front 10yd independently
- Swim on Back 10yds independently
- Streamline off the wall into freestyle
- Tread water 15 seconds

## Level 5

- Butterfly is introduced
- Swim Breaststroke 15 yards
- Swim independently 25 yards Freestyle
- Swim independently 25 yards Backstroke
- Kneeling Dive, Head 1<sup>st</sup> entry
- Tread water 30 seconds to a minute

## Level 6

- Jump into deep water and recover to surface
- Standing dive from the side or the blocks
- Freestyle with bi-lateral breathing
- Swim Butterfly 25 yards
- Swim Backstroke and Freestyle 50 yards
- Swim Breaststroke 25 yards