

**Level 1** is entry level.

You are in **Level 2 – Fundamental Aquatic Skills** if you can:

- Enter and exit the water without assistance
- Walk, move along the gutter or swim
- Fully submerge your face in the water, blow bubbles
- Kick on your front and back with or without support
- Front and back float with or without support

You are in **Level 3 – Stroke Development** if you can:

- Open eyes underwater and retrieve underwater objects
- Front and back float without support
- Flutter kick on front and back
- Swim short distances in deeper water
- Demonstrate bobbing
- Demonstrate rotary breathing
- Jump into the water and recover
- Tread water using arm and leg actions

You are in **Level 4 – Stroke Improvement** if you can:

- Swim front crawl with rotary breathing
- Demonstrate backstroke, elementary backstroke & breaststroke
- Enter water by jumping from the side
- Dive from sitting and kneeling position
- Tread water
- Demonstrate bobbing while moving forward
- Retrieve underwater objects with eyes open

You are in **Level 5 – Stroke Refinement** if you can:

- Demonstrate rotary breathing
- Swim underwater
- Bob in deep water
- Dive from a standing position
- Demonstrate the different strokes and want to build on skills and increase endurance by swimming increased distances