

LEVEL 3 	LEVEL 4 	LEVEL 5 	LEVEL 6 	LEVEL 7 	LEVEL 8 
☐ Float on front with assistance	☐ Float on front for 5 seconds	☐ Log roll swim	☐ Freestyle with rotary breathing 15 yards	☐ Freestyle with rotary breathing 25 yards	☐ Freestyle 50 yards with rotary breathing
☐ Float on back with assistance	☐ Float on back for 5 seconds	☐ Straight leg kicks	☐ Backstroke 15 yards	☐ Backstroke 25 yards	☐ Backstroke 50 yards
☐ Jump in the water with assistance	☐ Jump in the water unassisted	☐ Full arm strokes	☐ Streamline kick unassisted on front	☐ Breaststroke 15 yards	☐ Breaststroke 25 yards
☐ Get whole face and hair wet	☐ Jump in, turn around, swim back to close wall	☐ Freestyle with assistance 15 yards	☐ Streamline kick unassisted on back	☐ Tread water for 2 minutes	☐ Butterfly 15 yards
☐ Kick feet on front and back	☐ Paddle and kick at same time	☐ Backstroke with assistance 15 yards	☐ Jump in unassisted and swim 15 yards	☐ Butterfly kick	☐ Tread water for 3-4 minutes
☐ Paddle arms	☒ Congratulations! <i>You have graduated to the next level!</i>	☐ Freestyle unassisted 8 yards	☐ Breaststroke kick	☐ Kneel dive with streamline	☐ Dive from standing or swim start position
☐ Wall crawl		☐ Backstroke unassisted 8 yards	☐ Sit dive with streamline	☒ Congratulations! <i>You have graduated to the next level!</i>	☒ Congratulations! <i>You have graduated to the next level!</i>
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Once your swimmer is competent in all skills listed, your child is ready for the next level!