**Parent -Tot: \*Requirements: Swim Diaper & Awesome attitude**

- Adjusting to water environment

-Showing comfort in front and back float (parent holding on)

-Blowing bubbles and submerging face and head in water

-Jumping in from the steps of the 3 foot

**Level 1: Water Exploration**

\***Requirements: Stand in 3 foot, listen to instructor without parent, potty trained**

· Fully submerge face in water

· Hold breath underwater

· Front and back float with support

·Kicking on front and back with support

·Enter and exit the water independently

**Level II: Primary Skills**

**\*Requirements: Pass Level 1 or be able to do all skills in level 1)**

· Float and kick on front and back for 5 seconds & recover

· Swim on front 5 yards without assistance & then recover

· Swim on back 5 yards without assistance & then recover

- Jumping and streamline bobs with air exchange

· Retrieve objects underwater chest deep

**Level III: Stroke Readiness**

**\*Requirements: Pass Level 2 or be able to do all skills in level 2)**

· Front and back glide & kick at least 5 yards

- Freestyle for 10 yards (½ of 3ft)

- Backstroke for 10 yards (½ of 3ft.)

- Jump into deep water and swim back to side

- Tread water for at least 15 second with correct arms & scissor or breaststroke kick

- Introduce butterfly & breaststroke arms & kick

**Level IV: Stroke Development**

**\*Requirements: Pass Level 3 or swim at least 10 yards of free & back**

- Freestyle with side breathing for 25 yards

· Backstroke for 25 yards

· Butterfly kick and arms

- Breaststroke kick and arms

- Introduce somersault and open turns

- Tread water for at least 1 min with correct arms & kick

- Rocket Dive, Kneeling Dive, Standing Dive

**Level V: Refer to Tremont Torpedoes Swim Team or private lessons**