

Lessons Progression Chart					
Benchmarks / Skills Mastered Upon Leaving Level					
Level 1	Level 2	Level 3	Level 4	Level 5	Level 6 - Pre-Team
Face in water	Willingness to jump into the water	Flutter kick on side with board	Freestyle arms	Freestyle swim 25 yards with assistance	Breathing every 3 strokes
Blowing Bubbles on the surface	Flutter Kicks while holding onto the wall	Flutter Kick with board	Flutter Kick on Side without board	Bilateral Breathing	Backstroke swim 25 yards unassisted
Blowing Bubbles underwater	Floating on Back in shallow water	Rotating from stomach to back	Ear on Shoulder Breathing	Streamline Kick on back	Freestyle swim 25 yards unassisted
Seated flutter kicks in gutter	Floating on Stomach in shallow water	Rotating from back to stomach	Kick Switch Drills (12 / 9 / 6 Kicks)	Streamline Kick on Stomach	Streamline kick on stomach 25 yards unassisted
	Jumping into the water and floating	Floating on back and stomach in deep water		Backstroke arms	Streamline kick on back 25 yards unassisted
	Face rotation while holding wall				Streamline Push-offs
					Seated Front Dive from the side
Drills for Level 1	Drills for Level 2	Drills for Level 3	Drills for Level 4	Drills for Level 5	Drills for Level 6
Bobbing (jumping up and down)	Flutter Kick on Wall with side breathing	Shark Fin Kick	Kick Switch	Catch Up without Board	Single Arm Free
Big Splash Kicking	Tuck Float on Stomach	Kick Switch	Catch Up with Board	Six - Three - Six	Single Arm Back
	Egg Drop (Tuck) Float on Back	Thumbs Up The Side	Catch Up without Board	Kick Switch on Back	Clock Drill
	Starfish Float		Fingertip Drag		Sculling (Front, Back)