**Parent and Child**
Ages 6mos - 3yrs

Little to no experience in the water; Parent required. Children must wear swim diapers.

Skills include:
- Blowing bubbles
- Kicking
- Holding onto the wall
- Floating on front and back
- Water safety skills

**Tiny Tots**
Ages 3-4 (Pre-school):

Little to no experience in the water; can begin to perform basic water movement, including kicking and gliding. Children must be potty trained.

Skills include:
- Bobbing
- Kicking
- Exhaling under water through mouth and nose
- Floating on front and back
- Introduction to arm strokes

**Level 1**
Beginners, Ages 5+

Little to no experience in the water; can begin to perform basic water movement, including gliding, kicking, arm movement, and floating on front and back.

Skills Include:
- Water adjustment
- Bobbing
- Blowing bubbles
- Kicking
- Floating on front and back
- Gliding
- Combined leg and arm actions on front

**Level 2**
Ages 5+, Must have passed Level 1 or aged out and passed Tiny Tots

Little to no experience in the water; can push off the wall and kick; comfortable placing face in water and floating on front or back with assistance.

Skills Include:
- Floating on front and back
- Gliding
- Combined leg and arm actions on front and back

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Level 3
Must have passed Level 2

Can push off wall and perform the front stroke and backstroke for 10ft without assistance

Skills Include:
• Front crawl
• Backstroke
• Side breathing
• Elementary backstroke, and butterfly kick

Level 4
Must have passed Level 3

Ability to swim 25 yards front stroke w/side breathing and backstroke; familiarity with elementary backstroke

Skills Include:
• Front crawl
• Backstroke
• Elementary backstroke, breaststroke, butterfly, and side stroke
• Treading water

Level 5
Must have passed Level 4

Ability to swim 25 yards of frontstroke and backstroke; 15 yards of butterfly, breaststroke, and side stroke

Skills Include:
• Endurance – front crawl, backstroke
• Elementary backstroke, breaststroke, butterfly, and sidestroke
• Front flip turns

Level 6
Performance Water Safety
Must have passed Level 5

Ability to swim 50 yards of front stroke and backstroke; 25 yards of butterfly, breaststroke, and side stroke; touch bottom of 5 feet depth of pool with hands and tread water for 1 min.

Skills Include:
• Endurance
  • Front crawl
  • Breaststroke
  • Sidestroke
• Lifesaving skills
  • Using a buoy
  • Survival swimming
  • Turning in the water
  • Treading water
• Observation skills
  • Retrieving objects from deep water
  • Stroke critique
  • Performance enhancement