



Town of Windsor Swimming Lessons- what a child needs to do to **PASS** a level

BABY & ME 6 months - 3 Years

SKILLS	(Please check all that apply)	
Submerge face/retrieve objects	Alternating leg action on front 5' w/support	
Blow bubbles through nose/mouth	Alternating leg action on back 5' w/support	
Front float w/support	Jumping safety-waiting and catching	
Back float w/support	Life jackets-sizing, types and usage	
Roll over w/support front/back, back/front	Enter water from sitting position	
Alternating arm action on front 5' w/support	Passing/gliding to instructor	
Pool exploration	Wall walking	
Simultaneous arm action on front 5' w/support	Water safety	

POLLIWOG 3 - 6 Years

SKILLS (Please check all that apply)	
Blow bubbles, bobs w/full submersion (2x)	
Blow bubbles, pick up object at arm's length	
Front float position (face in) comfortably w/support, 2-3 seconds	
Back float position comfortably w/support, 5 seconds	
Flutter kick on front (face in) 5' w/support	
Flutter kick on back 5' w/support	
Forward movement on stomach	
Simultaneous arm/leg action w/support	

TADPOLE 3 - 6 Years

SKILLS (Please check all that apply)	
Front float face in water w/out support, 3-5 seconds	
Back float w/out support, 5 seconds	
Streamline back glide 5' w/support (pushing off wall)	
Streamline front glide 5' w/support	
Fin or scull 5' on back w/support	
Rollover front to back w/support	
Forward movement w/out support 5'	

FROGGIE 3 - 6 Years

SKILLS (Please check all that apply)	
Bounce to safety w/out support	
Streamline front glide 5' w/out support	
Streamline back glide 5' w/out support	
Scull 5' on back w/out support	
Rollover front to back w/out support	
Forward movement w/out support 10'	
Intro to elementary backstroke arms	



LEVEL 1 6+ Years

SKILLS (Please check all that apply)	
Front float w/arm reach	
Introduce lifejackets	
5 Bobs	
Submerge head, 3-5 seconds	
Front/back float, 5 seconds	
Glide on front, 5 seconds	
Glide on back, 5 seconds	
Flutter kick on front (face in) w/forward motion, 5 seconds	
Flutter kick on back w/forward motion, 5 seconds	
Streamline w/flutter kick on front	
Streamline w/flutter kick on back	
Introduction on breaststroke arms	
Jump in and bounce to safety	
Elementary backstroke legs	

LEVEL 2 6+ Years

SKILLS (Please check all that apply)	
10 Bobs w/rhythmic breathing	
Tread water intro on wall	
10 Rotary (side) breaths on wall	
5 Rotary (side) breaths w/kickboard	
Flutter kick 25 yards w/kickboard on front	
Flutter kick 25 yards w/kickboard on back	
Arms for freestyle-face in entire time (no breathing) 3-4 arm strokes	
Intro to breaststroke legs	
Elementary backstroke	
Jump into deep or shallow water and move to side (if available)	

LEVEL 3 6+ Years

SKILLS (Check all the apply)	
Swim underwater 3 body lengths	
Retrieve object underwater at 3-5' depth	
Flutter kick 50 yards on front w/kickboard	
Flutter kick 25 yards on back w/out kickboard	
10 Deepwater bobs	
Tread water, 30 seconds	
25 Yards freestyle (perfected)	
Intro to breaststroke	
15 Yards elementary backstroke	
Kneeling dive (CPP only)	



LEVEL 4 6+ Years

SKILLS (Check all that apply)	
50 Yards freestyle	
Tread 1 min	
25 Yards backstroke	
25 Yard breaststroke	
25 Yard intro to dolphin kick	
25 Yards elementary backstroke	
Standing dive (CPP only)	

LEVEL 5 6+ Years

SKILLS (Please check all that apply)	
Freestyle 100 yards	
Pick up object 8-10' under water	
Elementary backstroke 50 yards	
Breaststroke 50 yards	
Tread water 2-3 minutes	
Backstroke 50 yards	
Intro to butterfly arms	
Intro to flip turns	
Surface dives (CPP only)	

LEVEL 6 6+ Years

SKILLS (Please check all that apply)	
Freestyle 200 yards	
Backstroke 100 yards	
Breaststroke 50 yards	
Tread water 5+ minutes	
400 or more yards of nonstop swim	
Butterfly 25 yards	
All stroke turns	
Diving start (CPP only)	