

# Level Progression Chart

## Swim For Life: Swimmer 1 & 2

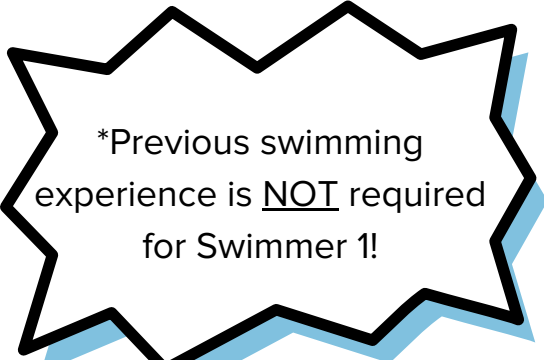
It's important to note that Swim For Life swimming lessons are progression-based. Participants **MUST** successfully complete each level before advancing to the next. Due to the challenging nature of the Swim For Life program, it's **VERY** common for participants to repeat each level 2-4 times before moving forward.

### Swimmer 1

Swimmer 1 should be the starting point for ALL participants (ages 6-17) on their learn-to-swim journey! Participants will begin working with a Swim Instructor to develop foundational swimming skills to build confidence in the water! By the end, participants should be confident with Floats and Glides on their Front and Back with some assistance from the Instructor.

#### Swimmer 1 Level "Prerequisites":

- 6+ years of age
- Interested in learning to swim
- Be able to participate independently in a group setting
- [Swim For Life](#) Preschool 1-4 (Complete OR Incomplete)
- [Swim For Life](#) Swimmer 1 (Incomplete)



\*Previous swimming experience is **NOT** required for Swimmer 1!

### Swimmer 2

Swimmer 2 is designed for participants who have already mastered the foundational skills from Swimmer 1.

In this level, participants are required to have enough confidence to attempt swimming independently with some assistance from the Swim Instructor.

#### Swimmer 2 Level Prerequisites:

- [Swim For Life](#) Preschool 5 (Complete OR Incomplete)
- [Swim For Life](#) Swimmer 1 (Complete)

Skill Prerequisites - participants must possess the following independent skills prior to registration:

- Submerge entire body, open eyes and blow bubbles.
- Jump into chest-deep water.
- Float on their front and back for 5 seconds.
- Glide w/kick on front, back and side for 5m.

# Level Progression Chart

## Swim For Life: Swimmer 3 & 4

It's important to note that Swim For Life swimming lessons are progression-based. Participants **MUST** successfully complete each level before advancing to the next. Due to the challenging nature of the Swim For Life program, it's **VERY** common for participants to repeat each level 2-4 times before moving forward.

### Swimmer 3

Swimmer 3 is designed for participants who have already mastered the skills from Swimmer 1 & 2.

In this level, participants are expected to swim confidently and independently with minimal assistance from the Swim Instructor.

#### Swimmer 3 Level Prerequisites:

- [Swim For Life Swimmer 2](#) (Complete)

Skill Prerequisites - participants must possess the following independent skills prior to registration:

- Float on their front and back for 10 seconds.
- Glide on their front, back and side for 10m.
- Perform proper whip kick in a vertical position.
- Perform proper front and back crawl for 10m.

### Swimmer 4

Swimmer 4 is designed for participants who have already mastered the foundational skills from Swimmer 1, 2 & 3.

In this level, participants are required to have the confidence to swim independently with NO assistance from the Swim Instructor.

#### Swimmer 4 Level Prerequisites:

- [Swim For Life Swimmer 3](#) (Complete)

Skill Prerequisites - participants must possess the following independent skills prior to registration:

- Perform a kneeling-dive into deep water.
- Tread water for 30 seconds.
- Jump into deep water, tread water for 30 seconds and swim 50m continuously without stopping.
- Perform proper whip kick on their back for 10m.
- Perform proper front crawl and back crawl for 15m.

# Level Progression Chart

## Swim For Life: Swimmer 5 & 6

It's important to note that Swim For Life swimming lessons are progression-based. Participants **MUST** successfully complete each level before advancing to the next. Due to the challenging nature of the Swim For Life program, it's **VERY** common for participants to repeat each level 2-4 times before moving forward.

### Swimmer 5

Swimmer 5 is designed for participants who have already mastered the skills from Swimmer 1, 2, 3 & 4.

In this level, participants are expected to swim confidently and independently with NO assistance from the Swim Instructor.

#### Swimmer 5 Level Prerequisites:

- 8+ years of age
- [Swim For Life Swimmer 4 \(Complete\)](#)

Skill Prerequisites - participants must possess the following independent skills prior to registration:

- Perform a standing dive into deep water.
- Tread water for 60 seconds.
- Swim underwater for 5m.
- Roll into water, tread water for 60 seconds and swim 50m without stopping.
- Perform proper breaststroke for 15m.
- Perform proper front crawl and back crawl for 25m.

### Swimmer 6

Swimmer 6 is designed for participants who have already mastered the skills from Swimmer 1, 2, 3, 4 & 5.

In this level, participants are expected to swim confidently and independently with NO assistance from the Swim Instructor.

#### Swimmer 6 Level Prerequisites:

- 8+ years of age
- [Swim For Life Swimmer 5 \(Complete\)](#)

Skill Prerequisites - participants must possess the following independent skills prior to registration:

- Shallow Dive into deep water.
- Tread water for 120 seconds.
- Perform proper eggbeater for 30 seconds.
- Perform proper Breaststroke for 25m.
- Perform proper front crawl and back crawl for 50m.
- Perform proper Head-up front crawl for 10m.