

Youth Level One (Y1)	Youth Level Two (Y2)	Youth Level Three (Y3)	Youth Level Four (Y4)
<ul style="list-style-type: none"> Submerge face for 5 seconds with bubbles 	<ul style="list-style-type: none"> 10 bobs, fully submerged 	<ul style="list-style-type: none"> 15 bobs, fully submerged with breath control 	<ul style="list-style-type: none"> Tread water, 1 minute
<ul style="list-style-type: none"> 5 bobs, submerging head each time 	<ul style="list-style-type: none"> Coordinated front crawl, 15 meters 	<ul style="list-style-type: none"> Retrieve objects from the bottom 	<ul style="list-style-type: none"> Front crawl, bilateral side breathing, 25 meters
<ul style="list-style-type: none"> Unassisted back float, 5 seconds 	<ul style="list-style-type: none"> Back kicking and finning, 15 meters 	<ul style="list-style-type: none"> Front crawl with rotary side breathing, 25 meters 	<ul style="list-style-type: none"> Back crawl, 25 meters
<ul style="list-style-type: none"> Unassigned front float, 5 seconds 	<ul style="list-style-type: none"> Introduction to back crawl 	<ul style="list-style-type: none"> Back crawl, coordinated, 25 meters 	<ul style="list-style-type: none"> Coordinated elementary backstroke, 25 meters
<ul style="list-style-type: none"> Unassisted back finning and kicking 	<ul style="list-style-type: none"> Introduction to rotary side breathing 	<ul style="list-style-type: none"> Introduction to elementary backstroke kick 	<ul style="list-style-type: none"> Breaststroke kick, 10 meters
<ul style="list-style-type: none"> Jump in from side with assistance 	<ul style="list-style-type: none"> Jumping in without assistance 	<ul style="list-style-type: none"> Treading water 30 seconds 	<ul style="list-style-type: none"> Underwater swim, 15 meters
<ul style="list-style-type: none"> Introduction to front crawl 	<ul style="list-style-type: none"> Turning over from front to back 	<ul style="list-style-type: none"> Deep water bobbing 	<ul style="list-style-type: none"> Introduction to sidestroke kick
<ul style="list-style-type: none"> Unassisted front glide 		<ul style="list-style-type: none"> Kneeling dive 	<ul style="list-style-type: none"> Standing dive

Youth Level Five (Y5)	Youth Level Six (Y6)	Youth Level 7 (Y7)
<ul style="list-style-type: none"> Front crawl, 50 meters 	<ul style="list-style-type: none"> Front crawl, 100 meters, with open turns 	<ul style="list-style-type: none"> Front crawl, 200 meters with flip turns
<ul style="list-style-type: none"> Back crawl, 50 meters 	<ul style="list-style-type: none"> Back crawl, 100 meters, with open turns 	<ul style="list-style-type: none"> Back crawl, 200 meters, with a flip turn
<ul style="list-style-type: none"> Elementary backstroke, 50 meters 	<ul style="list-style-type: none"> Sidestroke, 50 meters 	<ul style="list-style-type: none"> Breaststroke, 100 meters
<ul style="list-style-type: none"> Coordinated breaststroke, 25 meters 	<ul style="list-style-type: none"> Breaststroke, 50 meters 	<ul style="list-style-type: none"> Butterfly, 25 meters
<ul style="list-style-type: none"> Coordinated sidestroke, 25 meters 	<ul style="list-style-type: none"> Coordinated butterfly, 10 yards 	<ul style="list-style-type: none"> Continuous 500 swim, using any combination of strokes
<ul style="list-style-type: none"> Introduction to butterfly kick 	<ul style="list-style-type: none"> Introduction to flip turns 	
<ul style="list-style-type: none"> Open turns front and back 	<ul style="list-style-type: none"> Treading water for three minutes, one minute with no hands 	
<ul style="list-style-type: none"> Treading water for 2 minutes 	<ul style="list-style-type: none"> Long shallow dives 	

****Your child must be able to complete each task successfully before moving onto the next class. Ages 7 and up ONLY**