

High Woodlands * Preschool Level Requirements

Preschool Level 1

- Personal Safety
- Water Adjustment
- Deep Water Exposure
- Bobs (5 Times)
- Blow Bubbles—Face in Water
- Intro to Unassisted Swimming
- Front Float w/ Assistance
- Back Float w/ Assistance
- Front Glide w/ Assistance
- Front Glide (3 ft)
- Reach and Pull Arms
- Back Glide w/ Assistance
- Kicking—Front and Back
- Jump in and Return w/ Assistance

Preschool Level 2

- Personal Safety
- Bobs (10 Times)
- Front Float (10 Seconds)
- Back Float w/ out Assistance
- Front Glide (5 ft)
- Front Glide w/ Kick (8 ft)
- Reach and Pull Arms
- Swim on Front (15 ft)
- Back Glide w/ Recovery (6 ft)
- Back Glide w/ Kick (8 ft)
- Finning or Sculling on Back
- Finning on Back w/ Kick (10 ft)
- Intro to Backstroke
- Jump in and Return

Preschool Level 3

- Personal Safety
- Side Breathing (10 Times)
- Back Float (10 Seconds)
- Level off in Chest Deep Water
- Level off in Deep Water
- Intro to Treading Water
- Front Glide (10 ft)
- Front Glide w/ Kick (15 ft)
- Intro to Crawl Stroke
- Swim on Front w/ Breathing (30 ft)
- Back Glide w/ Kick (10 ft)
- Backstroke (15 ft)

Preschool Level 4

- Personal Safety
- Side Breathing w/ Support
- Treading Water (1 Minute)
- Crawl Stroke (25 Yards)
- Sculling on Back w/ out Kick (15 ft)
- Backstroke (25 Yards)
- Elementary Backstroke (30 ft)
- Breaststroke Kick (30 ft)
- Sidestroke Kick (30 ft)
- Standing Front Dive
- Intro to Open Turns at Wall
- Combined Skill: Dive into Deep Water, Tread Water 1 Minute, Swim on Front 40 ft, Return on Back

High Woodlands * Youth Level Requirements

Youth Level 1

- Personal Safety
- Water Adjustment
- Breath Control
- Bobs (10 Times)
- Front Float (8 Seconds)
- Front Glide w/ Kick (10 ft)
- Arm Stroke on Front
- Arm Stroke on Front w/ Kick (15 ft)
- Back Glide (5 ft)
- Finning or Sculling on Back
- Jump in and Return w/ Assistance

Youth Level 5

- Personal Safety
- Alternate Side Breathing
- Swim Underwater (15 ft)
- Treading Water (2 Minute)
- Crawl Stroke (50 Yards)
- Backstroke (50 Yards)
- Elementary Backstroke (25 Yards)
- Intro to Butterfly
- Breaststroke (30 ft)
- Sidestroke (30 ft)
- Dolphin Kick (30 ft)
- Open Turns at Wall
- Feet First Surface Dive
- Stride Jump

Youth Level 2

- Personal Safety
- Retrieve Objects from Bottom
- Deep Water Exposure
- Side Breathing (10 Times)
- Back Float
- Front Glide w/ Recovery (10 ft)
- Front Glide w/ Kick (15 ft)
- Intro to Crawl Stroke
- Arm Stroke on Front w/ Kick (20ft)
- Back Glide w/ Recovery (6 ft)
- Finning on Back w/ Kick (20 ft)
- Intro to Backstroke
- Jump in and Return

Youth Level 6

- Personal Safety
- Crawl Stroke (100 Yards)
- Swim Underwater (30 ft)
- Backstroke (100 Yards)
- Breaststroke (25 Yards)
- Sidestroke (25 Yards)
- Butterfly (30 ft)
- 300 Yards Non-Stop Swim
- Flip turn
- Open Turn
- Treading Water (3 Minutes)
- Tuck Surface Dive
- Pike Surface Dive

Youth Level 3

- Personal Safety
- Retrieve Objects from Bottom
- Bobbing to Safety
- Side Breathing w/ Support (40 ft)
- Intro to Treading Water
- Back Glide w/ Kick (30 ft)
- Crawl Stroke w/ Side Breathing (45 ft)
- Backstroke (30 ft)
- Elementary Backstroke Kick (30 ft)
- Kneeling Dive
- Compact Dive

Swim Team Conditioning

- Personal Safety
- Crawl Stroke (200 Yards)
- Swim Underwater (45 ft)
- Backstroke (150 Yards)
- Breaststroke (50 Yards)
- Sidestroke (50 Yards)
- Butterfly (25 Yards)
- 500 Yards Non-Stop Swim
- Backstroke Flip Turn
- Treading Water (5 Minutes)
- Inverted Sidestroke Kick
- Starting Dive Off Blocks

Youth Level 4

- Personal Safety
- Bobbing in Deep Water
- Treading Water (1 Minute)
- Crawl Stroke (25 Yards)
- Sculling on Back w/ out Kick (15 Yards)
- Backstroke (25 Yards)
- Elementary Backstroke (30 ft)
- Breaststroke Kick (30 ft)
- Sidestroke Kick (30 ft)
- Standing Front Dive
- Intro to Open Turns at Wall
- Combined Skill: Dive into Deep Water, Tread Water 1 Minute, Swim on Front 40 ft, Return on Back