

## GRADUATION REQUIREMENTS

### LEVEL I INFANT/PRESCHOOL/TODDLERS

Personal & Pool Safety  
Water Familiarization  
Breathing Control  
Rhythmic Breathing  
Frontal Prone Float  
Supine (Back) Float  
Water Entry  
Water Exit  
Supported Front Kick  
Supported Back Kick  
Alternate Arm Movement  
Finning  
Sculling  
Front Supportive Glide  
Back Supportive Glide

### LEVEL II BEGINNERS

Review Skills in Level I  
Personal & Pool Safety  
Water Familiarization  
Retrieve Submerged Objects  
Prone Float (Unsupported)  
Prone Glide (Unsupported)  
Supine Float (Unsupported)  
Supine Glide (Unsupported)  
Water Entry  
Water Exit  
Flutter Kick  
Back Finning  
Combined Front Stroke/Kick  
Combined Back Stroke/Kick  
Turn Overs

### LEVEL III INTERMEDIATE

Review Skills in Level II  
Personal & Pool Safety  
Bob Traveling  
Diving - Kneeling  
Prone Glide (Push)  
Supine Glide (Push)  
Crawl Stroke  
Back Crawl  
Elementary Back Stroke  
Turn Overs  
HELP Position  
Huddle Position

### LEVEL IV EXPERT

Review Skills in Level III  
Personal & Pool Safety  
Rotary Breathing  
Diving - Standing  
Stride Entry  
Elementary Backstroke  
Sculling on Back  
Front Crawl  
Back Crawl  
Breaststroke  
Sidestroke  
Modified Breaststroke  
Under Water Swimming  
Scissor Kick  
Rotary Kick