LEVEL 1—WHITE

- Enter water safely using ramp, steps, or side
- Exit water safely using ladder, steps, or side
- Enter water by jumping from side
- Blow bubbles, 3 seconds
- Front Float, 3 seconds/5 seconds
- Back float, 3 seconds/5 seconds
- Submerge mouth, nose, and eyes
- Front glide, 2 body lengths
- Open eyes underwater and retrieve submerged objects (shallow water)
- Recover from a front glide to a vertical position
- Back glide, 2 body lengths
- Recover from a back float to a vertical position
- Roll from front to back with help
- Roll from back to front
- Tread water using arm and hand action
- Alternating leg action on front, 2 body lengths
- Alternating leg action on back, 2 body lengths
- Alternating arm action on back, 2 body lengths
- Combined arm and leg actions on back, 2 body lengths
- Bobbing, 5 times
- Tread water using arm and leg actions, 10 seconds
- Staying safe around water

EXIT SKILLS ASSESSMENT

1. Enter independently, using either the ramp, steps on the side, travel at least 5 yards, submerge mouth and blow bubbles for at least 3 seconds, then safely exit the water.
2. While in the shallow water, glide on front for at least 2 body lengths
3. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position
4. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for body 3 lengths.

LEVEL 2—YELLOW

- Enter water by jumping in (in shoulder-deep water)
- Fully submerging and holding breath, 10 seconds
- Open eyes underwater and retrieve submerged objects, 3 times
- Bobbing, 10 times (in chest-deep water)
- Front float, 5 seconds/10 seconds
- Float in a face-down position—jellyfish float
- Float in a face-down position—tuck float (turtle float)
- Front glide, 3 body lengths
- Back float, 5 seconds/15 lengths
- Roll from back to front
- Roll front to back
- Combined arm and leg actions on front, 5 body lengths
- Combined arm and leg actions on back, 5 body lengths
- Change direction of travel while swimming on front or back
- Finning arm action on back, 5 body lengths
- Tread water, 30 seconds (in shoulder-deep water)
- Rotary (side) breathing, 5 times
- Front Crawl (arms/pull flutter kick with side breathing)
- Backstroke kick
- Elementary backstroke—kicks
- Elementary backstroke—arms
- Elementary backstroke—combined arms and legs
- Introductions of backstroke arms
- Breaststroke kick
- Breaststroke arms
- Scissor kicks

EXIT SKILLS ASSESSMENT

1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
2. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.
3. Intermediate level—Red cross: pre-school aquatics level 3/LTS level 2 or level 3.

LEVEL 3—GREEN

- Enter water by jumping in (in shoulder-deep water)
- Enter water by jumping from the side (into deep water), fully submerge, then recover to the surface and return to the side
- Fully submerging and holding breath, 10 seconds
- Bobbing while moving toward safety, 15 times (in chest-deep water)
- Float in a face-down position, 30 seconds (with breathing)
- Back float, 1 minute
- Tread water, 1 minute
- Push off in a streamlined position on front, then begin flutter kicking, 3 to 5 body lengths
- Rotary (side) breathing, 10 times
- Rotary (side) breathing, 15 times
- Front crawl, 15 yards (arms/pull/flutter kick with side breathing)
- Backstroke kick, 15 yards

EXIT SKILLS ASSESSMENT

1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
2. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.
3. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke to wall, then exit the water.
4. Tread water, 1 minute
5. Back float, 1 minute
6. Intermediate level—Red Cross: LTS level 3 and 4

LEVEL 4—BLUE

- Enter water by jumping from the side (into deep water), fully submerge, then recover to the surface and return to the side
- Headfirst entry from the side in a sitting position (deep water)
- Headfirst entry from the side in a kneeling position (deep water)
- Tread water, 3 minutes (in deep water)
- Headfirst entry from the side in a stride position
- Swim underwater, 3 to 5 body lengths (without hyperventilating)
- Feet first surface dive, submerging completely
- Front crawl open turn
- Back crawl open turn
- Tread water using 2 different kicks - 2 minutes
- Front crawl, (freestyle) 25 yards
- Backstroke, 25 yards
- Breaststroke, 15 yards/25 yards
- Dolphin kicks, 15 yards
- Butterfly, 15 yards
- Elementary backstroke, 25 yards
- Sidestroke, 15 yards
- Shallow-angle dive from the side
- Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke
- Tuck surface dive, submerging completely
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water, 5 minutes
- Freestyle, 50 yards
- Breaststroke, 25 yards
- Butterfly, 25 yards
- Elementary backstroke
- 50 yards Backstroke
- 50 yards Standard scull
- 30 seconds Sidestroke
- 25 yards Introducing IM (Butterfly, Backstroke, Breaststroke, and Freestyle)

EXIT SKILLS ASSESSMENT

1. Perform a angle dive into water at least 8 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout.
2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.
3. IM, 4 strokes