

If they...	Register in...
4-12 months or older, able to hold their head up and participating with parent/caregiver	Starfish
12-24 months or older, participating with parent or caregiver	Duck
3-5 years of age, just starting without parent	Sea Turtle
3-5 years and can comfortably move and float(with lifejacket) in water, gets eyes and face wet without goggles	Salamander
6 years or older. Just starting out in swimming lessons, or have turned 6 after completing Sea Turtle, and/or Salamander	Level 1
6 years or older. Can float unassisted on front and back for 3 seconds, can glide with kick for 5 meters	Level 2
6 years or older. Is comfortable in deep water, can breathe rhythmically 15 times, front swim for 5 meters and swim for 10 meters continuously	Level 3
Are comfortable floating and moving independently in deep water, can swim front swim at least 10 meters while recovering arms above water, and can perform a front/side combination, exhaling on front and inhaling in the side glide position for 10 meters	Level 4
Can tread water for 45 seconds, swim front crawl at least 10 meters with arms recovering above the water and swim 25 meters continuously	Level 5
Can tread water for 1 minute, swim efficient front and back crawl at least 15 meters, perform the whip kick on back at least 10 meters and swim 50 meters continuously	Level 6
Can swim front and back crawl at least 25 meters, swim coordinated elementary backstroke at least 15 meters and swim 75 meters continuously	Level 7
Can swim front and back crawl at least 50 meters, swim elementary backstroke for at least 25 meters and perform whip kick on front for 15 meters and swim 150 meters continuously	Level 8
Can swim front/back crawl at least 75 meters, swim elementary backstroke for 25 meters and backstroke for 15 meters, and swim 300 meters continuously	Level 9
Can swim front/back crawl at least 100 meters, swim elementary backstroke for 50 meters, breaststroke at least 25 meters and swim 400 meters continuously	Level 10