

Debbie Meyer Swim School – Swim Levels

Level 1

1. Enter/Exit water at steps unassisted
2. submerge face unassisted
3. assisted kicking
4. monkey walk
5. walk in chest high water maintaining balance
6. assisted float front/back

Level 2

1. breath control/bobbing...five times
2. open eyes under water
3. freestyle kick unassisted
4. unassisted float...front and back
5. transition from vertical/horizontal & back
6. jump in from the side to instructor
7. backstroke kick unassisted

Level 3

1. front glide and recover
2. kick to steps and recover
3. kick to side and recover
4. climb out from side unassisted
5. "pop-up" and recover
6. sitting dive and kick to instructor
7. arm movement resembling freestyle
8. retrieve object in chest high water
9. tread water...assisted if necessary

Level 4

1. streamline
2. streamline with kick
3. back float
4. back float with kick
5. propel through water w/arms out of water and kick
6. rollover from front to back & back to front
7. tread water 30 seconds unassisted
8. enter pool from side and return to wall
9. kneeling dive

Level 5

1. swim freestyle w/side breath for 1 width
2. standing dive
3. tread water for 60 seconds unassisted
4. from steps leave to retrieve item from bottom and return to steps
5. swim backstroke
6. start swimming under water

Level 6

1. 1 length freestyle – side breathing
2. 1 length backstroke
3. tread water – 2 minutes
4. swim width underwater – 30 second break – do it again
5. dolphin kick
6. breast stroke arms

Level 7

1. 1 length freestyle...no breath
2. butterfly looking stroke for 1 width
3. tread water 4 minutes
4. breast stroke kick
5. 2 lengths freestyle...no stopping
6. 1 length fully clothed
7. open turns

Level 8

1. 4 lengths freestyle...no stopping
2. 1 length butterfly
3. 2 lengths backstroke
4. 1 length breaststroke
5. tread water 6 minutes
6. flip-turn
7. 3/4 length underwater...no breath

Level 9

1. stroke and turn refinement
2. some endurance building using all four strokes
3. 1 length of each stroke in IM order without stopping
4. tread water for 5 minutes
5. 1 length underwater, no breath

Level 10

1. 4 lengths freestyle – no stopping
2. 2 lengths of each of the other strokes
3. 2 lengths fully clothed
4. from steps, retrieve 3 items off bottom and return to steps – no breath underwater
5. off block go to bottom to retrieve item and return to steps no breath
6. tread water in deep end – 10 minutes
7. 1 length under water – no breath...2 minute rest...do it again