

TSA SWIM SCHOOL LEVELS

LEVEL 1	1	Gradual water adaptation	
	2	Submersion of face	
	3	Breath holding and releasing	
	4	Blow bubbles	
	5	Open eyes in the water	
	6	Bobbing up and down and air exchange	
	7	Float on front and glide for 5 to 10 seconds	
	8	kick on front for 12 1/2 yards	
	9	Back float and glide for 5 to 10 seconds	
	10	back kick for 12 1/2 yards	
Level 2	1	Rollover front to back and back to front	
	2	rollover for breath (bilateral breathing)	
	3	Assisted freestyle kick for 25 yards (kick board)	
	4	Assisted freestyle arms 12 1/2 yards (kick board)	
	5	assisted side glide and kick for 12 1/2 yards (kick board)	
	6	Backstroke kick for 25 yards	
	7	Body Dolphin motion	
	8	Assisted dolphin kick and glide for 5 to 10 seconds	
Level 3	1	Unassited side kick	
	2	Streamline front and back for 5 meters (to the flags)	
	3	25 yds Freestyle swim w/ side breaths	
	4	25 yds Backstroke swim (counting strokes from flags to the wall)	
	5	Tread water (introduction to breathstoke kick) for 10 to 15 seconds	
	6	Sitting and kneeling dive (no standing dive)	
	7	Jr. fly swim for 12 1/2 yards (arms move simultaneous in a circular motion)	
Level 4	1	50 yds freestyle with streamline push off	
	2	50 Backstroke swim wth streamline push off	
	3	25 Breastroke kick	
	4	25 Breastoke swim	
	5	25 fly kick	
	6	25 fly swim (arms moving simoultaneous and adding the kick)	
	7	Standing dives	
	8	Flip turns and Back turns	
Team Prep	1	Competitive dives	
	2	freestyle flip turns	
	3	Backstroke flip turns	
	4	open turns for Fly and breastroke	
	5	75 yds freestyle with turns, streamline and bilateral breathing	
	6	75 yds Backstroke with turns and streamline	
	7	50 Fly swim with open turns	
	8	50 breastroke swim with open turns	
	9	100 Individual medlay swim (order of strokes)	