**QISS Sharks Swimming Levels**



**Level One – Introduction to Water Skills**

Enter and exit the water safely

Submerge mouth, nose and eyes

Exhale underwater through mouth and nose

Open eyes underwater, pick up submerged object

Change direction while walking or paddling

Roll over from front to back and back to front with support

Explore floating on front and back with support

Explore swimming on front and back using arm and leg actions with support

Use a life jacket

**Level Two – Fundamental Aquatic Skills**

Enter water by stepping or jumping from the side

Exit water safely using ladder or side

Submerge entire head

Blow bubbles submerging head (bobbing)

Open eyes underwater, pick up submerged object in shallow water

Float on front and back

Perform front and back glide

Change direction or travel paddling on front or back

Roll over from front to back, back to front

Tread water using arm and leg motions

Swim in front, back, and side using combined arm and leg actions

Move in the water while wearing a life jacket

**Level Three – Stroke Development**

Jump into deep water from the side

Dive from kneeling or standing position

Submerge and retrieve an object in chest deep water

Bob with the head fully submerged

Perform front and back glide using two different kicks

Float on front and back in deep water

Change from horizontal to vertical position on front and back

Tread water using hand and leg movements

Perform front and back crawl

Butterfly – kick and body motion

**Level Four – Stroke Improvement**

Perform a dive from a standing or stride position

Swim underwater

Perform a feet-first surface dive

Perform open turns on front and back

Tread water using the sculling arm motions and with different kicks

Front and back crawl

Breaststroke

Butterfly

Elementary backstroke

Swim on side using scissors kick

**Level Five – Stroke Refinement**

Standing dive

Shallow dive, glide two body lengths and begin any front stroke

Tuck surface dive

Pike surface dive

Front flip turn

Backstroke flip turn

Front and back crawl

Butterfly

Breaststroke

Elementary backstroke

Sidestroke

Tread water with two different kicks

Survival swimming

**Level Six – Swimming and Skill Proficiency**

Refine all prior strokes

Master one advanced course:

Personal Water Safety

Fundamentals of Diving

Lifeguard Readiness

Fitness Swimmer