



- **Level 0:** Non-swimmer
- **Level 1:** water adaptation, introduce bubbles, gradual submersion of face, back float with assistance, streamline kicking with assistance
- **Level 2:** Independent submersion of the face, blowing bubbles and skills in level 1
- **Level 3:** Streamline kicking for short distance independently with face in water, independent back float, rolling from front to back, introduce freestyle arm strokes and skills in levels 1-2
- **Level 4:** Streamline kicking on front and back for short distance independently, introduce side breathing, freestyle arm strokes and skills in levels 1-3
- **Level 5:** Freestyle arm strokes with side breathing, backstroke arms, treading water and skills in levels 1-4
- **Level 6:** Freestyle with side breathing, full backstroke, introduction of butterfly kick and skills from levels 1-5
- **Level 7:** Introduction of butterfly arm strokes and breaststroke kick and pull and skills from levels 1-6
- **Levels 8-10:** Technique refinement in all four strokes, extended swimming and correct turns