



Burlington County Special Services School District Swim Levels

Level 1	Level 2	Level 3	Level 4
Safe Entry and Exit	Face Submersion with Bubbles	Side Arm Breathing in Front Crawl after Four Arms	Breast Stroke Kick
Safe Movement in a Pool/on the Wall	Floating to a Stand Up Position	Elementary Backstroke Kick	Breast Stroke Arms and Kick
Face Submissions without Bubbles	Floating to a Rollover	Elementary Backstroke Arms and Kick	Breast Stroke Breath Timing
Front Glides on the Surface of the Water	Rollovers	Back Stroke Arms and Kick	Side Stroke Kick
Back Floating	Glides on the Back on the Surface of the Water	Breast Stroke Arms	Side Stroke Arms
Floating on Belly	Kicking With a Kickboard on Belly		Side Stroke Arms and Kick
Kicking on Back with Kick Board	Swimming Four Arms and Rolling Over to Back		
Arm movements of a Front Crawl	Elementary Back Stroke Arms		
Circle Swim (from the ledge around a noodle to the ledge)			