

NATO Marlins Swim Program			Swim Skills									
Level	Scope		Float, Glide	Swim on front	Swim on back	Swim on Side	Front Crawl	Back Crawl	Butterfly	Breaststroke	Elementary Backstroke	Sidestroke
LTS Learn-To-Swim Program												
PCAA/B	Introduction to Water Awareness	Parent and Child Aquatics (PCA); for children starting age 2 1/2. In two programs A and B the child learns together with a parent or relation to increase its comfort level in the water and build a foundation of basic skills (water entry and exit, floating, gliding, rolling, breathing and personal safety).	✓									
Level 1	Introduction to Water Skills	Helps swimmers feel comfortable in the water and to enjoy the water safely.		✓	✓							
Level 2	Fundamental Aquatic Skills	Gives swimmers success with fundamental skills.		↗	↗	✓						
Level 3	Stroke Development	Builds on the skills in Level 2 by providing additional guided practice.					✓	✓	✓			
Level 4	Stroke Improvement	Develops confidence in the strokes learned and to improve other aquatic skills.					↗	↗	↗	✓	✓	✓
Level 5	Stroke Refinement	Provides further coordination and refinement of strokes.					↗	↗	↗	↗	↗	↗
Level 6	Swimming and Skill Proficiency	Refines the strokes so student swim them ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options including Personal Water Safety, Lifeguard Readiness, Fundamentals of Diving (not offered due to lack of diving boards) and Fitness Swimmer. Each of these options focus on preparing students to participate in more advanced courses, such as Water Safety Instructor and Lifeguard Training.					↗	↗	↗	↗	↗	↗
CST Competition Swim Training Program												
Level D	Pre-Team	Refines skills equivalent to an ARC Learn-To-Swim Program Level 4 swimmer										LTS Level 4 ↗
Level C	Beginner Team	Refines skills equivalent to an advanced ARC Learn-To-Swim Program Level 5 swimmer or a beginner ARC Learn-To-Swim Program Level 6 swimmer										LTS Level 5 ↗
Level B	Intermediate Team	Refines skills equivalent to an advanced ARC Learn-To-Swim Program Level 6 swimmer with potential to meet the EFSL qualifying times on swim events of his/her age group										LTS Level 6 ↗
Level A	Advanced Team	Refines skills meeting the EFSL qualifying time on several swim events for his/her age group (normally age 13+).										↗ EFSL qualifying times
Level AA	Well-Advanced Team	Refines skills meeting the EFSL qualifying time on several swim events for his/her age group (normally age 13+).										↗ EFSL qualifying times

✓ Skill development
 ↗ Skill refinement

Remarks: 1) LTS Levels 1 to 6 do apply for children (LTS C1-C6) as well as for adults (LTS A1-A6).
 2) In all LTS and CST program levels the components Body Position, Arms, Legs as well as Breathing and Timing are trained.