

NAVY SWIM QUALIFICATIONS STANDARDS

Swim qualifications are as follow: These are per Navy standards.

Swim Skills Assessment:

- Shallow Water swim - 15 yds in water chest deep
- Deep Water swim - 15 yds in water over the head
- Tread water for 1 minute
- Prone Float for 1 minute

Third Class Swimmer:

- Successful completion of Swim Skills Assessment
- Deep Water jump - from a minimum height of 5 feet
- 50-yard swim - demonstrating front crawl, breaststroke, backstroke, elementary backstroke
- 5-minute Prone Float
- Shirt and Trouser Inflation

Second Class Swimmer:

- Successful completion of Third Class Swimmer
- 100-yard swim –
 - 25 yds front crawl
 - 25 yds breaststroke
 - 25 yds backstroke
 - 25 yds elementary backstroke
- 5-minute Prone Float Back Float

First Class Swimmer:

- Successful completion of Third and Second Class Swimmer Certification
- 100-yd swim - same as second class swimmer –
grading criteria stricter than second class swimmer
- 5-minute Prone Float Back Float
- 25-yd Underwater Swim - demonstrating Burning Oil Maneuver twice