



Levels	Ballet Legs (BL)	Boosts (B)	Eggbeater (E)	Flexibility (Fx)	Breathing Connection (BC)	Surface Pattern Change (SPC)
Level 1 (basic)	Bent Knee Back Layout Single Ballet Leg or Flamingo less than 3"	Boost without arms	Eggbeater without arms 3" with traveling; Eggbeater with one or two arms less than 3"	Showing shoulder flexibility abilities	Connection with one arm, head above the water	Amount per routine 1-5
Level 2	Single Ballet Leg or Flamingo 3" or more	Boost with one arm	Eggbeater sustaining one arm 3" with traveling; Eggbeater with one arm, rotation 180° and more	Split above the water	Connection with two arms, head above the water	Amount per routine 6-10
Level 3	Ballet Leg sequence 3" or more Flamingo and variants with rotation	Boost with two arms Assisted Boost (duet, team)	Eggbeater sustaining double arms 3" with traveling	From Front Layout Position lifting straight leg while maintaining a horizontal position of the body	Connection one arm-one leg, head above the water	Amount per routine 11-15
Level 4	Double Ballet Leg 3" and more	Boost without arms, rotation 180°	Eggbeater with two arms rotation 180°	Ring above the water	Connection one arm-two legs, head above the water	Amount per routine 16-20
Level 5	Double Ballet Leg rotation 180°	Boost with one arm, rotation 180°	Eggbeater with two arms rotation 360° and more		Connection two arms-two legs, head above the water	Amount per routine 21 and more
Level 6	Double Ballet Leg rotation 360°	Boost with two arms, rotation 180°			Connection with one leg, head above the water	
Level 7		Boost without arms, rotation 360°			Connection with two legs, head above the water	
Level 8		Boost with one arm, rotation 360°			Leg connections with rotation, head above the water	
Level 9		Boost with two arms, rotation 360°				