

Learn-to-Swim Level 1: Beginner

Introduction to Water Skills*

Skills

- ❑ Enter water using a ramp, steps or side
- ❑ Exit water using ladder, steps or side
- ❑ Blow bubbles for 3 seconds
- ❑ Bobbing, 5 times
- ❑ Open eyes under water and retrieve submerged objects
- ❑ Front glide and recover to a vertical position
- ❑ Back glide and recover to a vertical position
- ❑ Back float for 5 seconds
- ❑ Roll from front to back and back to front
- ❑ Treading water arm and hand actions
- ❑ Alternating and simultaneous leg and arm actions on front
- ❑ Alternating and simultaneous leg and arm actions on back
- ❑ Combined arm and leg actions on front
- ❑ Combined arm and leg actions on back

Exit Assessment

- ❑ Enter independently, travel at least 5 yards, bob 5 times, then safely exit the water.
- ❑ Glide on front at least 2 body lengths, roll to a back float for 5 seconds, and recover to a vertical position.

Safety Focus

- ❑ Staying safe around water
- ❑ Recognizing the lifeguards
- ❑ Don't Just Pack It, Wear Your Jacket
- ❑ Recognizing an emergency
- ❑ How to call for help
- ❑ Too Much Sun Is No Fun

*Level 1 skills may be performed with assistance.



Learn-to-Swim Level 2: Beginner

Fundamental Aquatic Skills

Skills

- ❑ Step or jump from the side into shoulder-deep water
- ❑ Exit water using ladder, steps or side
- ❑ Fully submerge and hold breath
- ❑ Bobbing, 10 times
- ❑ Open eyes under water and retrieve submerged objects
- ❑ Rotary breathing
- ❑ Front, jellyfish and tuck floats for 10 seconds
- ❑ Front glide and recover to a vertical position
- ❑ Back glide and recover to a vertical position
- ❑ Back float for 15 seconds
- ❑ Roll from front to back and back to front
- ❑ Tread water for 15 seconds
- ❑ Change direction of travel while swimming on front or back
- ❑ Combined arm and leg actions on front

- ❑ Combined arm and leg actions on back
- ❑ Finning arm action on back

Exit Assessment

- ❑ Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- ❑ Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
- ❑ Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.

Safety Focus

- ❑ Staying safe around water
- ❑ Don't Just Pack It, Wear Your Jacket
- ❑ Recognizing an emergency
- ❑ How to call for help
- ❑ Too Much Sun Is No Fun
- ❑ Look Before You Leap
- ❑ Think So You Don't Sink
- ❑ Reach or Throw, Don't Go
- ❑ The danger of drains

Learn-to-Swim Level 3: Intermediate

Stroke Development

Skills

- ❑ Jump into deep water from the side, submerge, return to the surface then to the side
- ❑ Headfirst entry from the side in seated and kneeling positions
- ❑ Bobbing while moving to safety
- ❑ Rotary breathing
- ❑ Survival float for 30 seconds
- ❑ Back float for 1 minute
- ❑ Tread water for 1 minute
- ❑ Change from vertical to horizontal position on front and back
- ❑ Push off in streamlined position on front, then begin kicking
- ❑ Swim front crawl for 15 yards
- ❑ Swim elementary backstroke for 15 yards
- ❑ Flutter, scissors, breaststroke, and dolphin kicks

Exit Assessment

- ❑ Jump into deep water from the side, recover to the surface, maintain position by treading or floating for

1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.

- ❑ Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke 15 yards, then exit the water.

Safety Focus

- ❑ Reach or Throw, Don't Go
- ❑ Think Twice Before Going Near Cold Water or Ice
- ❑ Look Before You Leap
- ❑ Developing breath control safely
- ❑ Making good decisions—choosing an exit point



Learn-to-Swim Level 4: Intermediate

Stroke Improvement

Skills

- Headfirst entry in compact and stride positions
- Feetfirst surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming for 1 minute

Swimming:

- Front crawl for 25 yards
- Elementary backstroke for 25 yards
- Breaststroke for 15 yards
- Back crawl for 15 yards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

Exit Assessment

- Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards.
- Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

Safety Focus

- Reaching assist
- Throwing assist
- Recreational water illnesses
- Think So You Don't Sink
- Look Before You Leap



Learn-to-Swim Level 5: Advanced

Stroke Refinement

Skills

- Shallow-angle dive into deep water
- Tuck surface dive
- Pike surface dive
- Tread water for 5 minutes
- Tread water, using legs only, for 2 minutes
- Sculling for 30 seconds

Swimming:

- Front crawl for 50 yards
- Elementary backstroke for 50 yards
- Breaststroke for 25 yards
- Back crawl for 25 yards
- Butterfly for 25 yards
- Sidestroke for 25 yards
- Front flip turn
- Backstroke flip turn

Exit Assessment

- Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, then swim elementary

backstroke for 50 yards, using appropriate and efficient turning styles throughout.

- Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards, using appropriate and efficient turning styles throughout.

Safety Focus

- How to call for help and the importance of knowing first aid and CPR
- Recreational water illnesses
- Reach or Throw, Don't Go
- Look Before You Leap
- Think So You Don't Sink
- Think Twice Before Going Near Cold Water or Ice
- Wave, Tide or Ride, Follow the Guide



Learn-to-Swim Level 6: Advanced

Advanced Options

Skills

- Surface dive and retrieve object from the bottom, 7–10 feet deep

Swimming:

- Front crawl for 100 yards
- Elementary backstroke for 100 yards
- Breaststroke for 50 yards
- Back crawl for 50 yards
- Butterfly for 50 yards
- Sidestroke for 50 yards
- Demonstrate open turns and front and back flip turns when swimming

Exit Assessment

- Swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke.

Note: Additional exit assessments are required, depending on the course option selected.

Safety Focus

- Learn About Boating Before You Go Floating
- Think So You Don't Sink
- Swim as a Pair Near a Lifeguard's Chair
- Look Before You Leap
- The danger of drains
- The dangers of hyperventilation and extended breath-holding

Course Options

- Fitness Swimmer
- Personal Water Safety
- Fundamentals of Diving

