

What your little one can expect going into level 1

## **Course: Learn to Swim Level 1: Introduction to Water Skills**

**Purpose** To begin developing positive attitudes, good swimming habits and safe practices in and around the water

**Learning Objectives**

Enter and exit water using ladder, steps or side

Blow bubbles through mouth and nose

Bobbing

Open eyes under water and retrieve submerged objects

Front and back glides and floats

Recover to vertical position

Roll from front to back and back to front

Tread water using arm and hand actions

Alternating and simultaneous leg actions on front and back

Alternating and simultaneous arm actions on front and back

Combined arm and leg actions on front and back

Learn how to stay safe, including recognizing an emergency and knowing how to call for help

Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety

**Certification Requirements**

\* Demonstrate competency in all required skills and activities, including in-water skills

\* Successfully complete the following exit skills assessment:

Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or "swim.")

Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

What your little one can expect going into Level 2

## **Course: Learn to Swim Level 2: Fundamental Aquatic Skills**

**Purpose** To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position

**Learning Objectives**

Enter and exit water by stepping or jumping from the side

Fully submerge and hold breath

Bobbing

Open eyes under water and retrieve submerged objects

Front, jellyfish and tuck floats

Front and back glides and floats

Recover to vertical position

Roll from front to back and back to front

Change direction of travel while swimming on front or back

Tread water using arm and leg actions

Combined arm and leg actions on front and back

### **Finning arm action**

**Learn how to stay safe, including recognizing an emergency, knowing how to call for help and perform simple nonswimming assists**

**Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety**

**Learn to look carefully before entering the water**

**Learn what to think about and do when exhausted or caught in a dangerous situation**

### **Certification Requirements**

**? Demonstrate competency in all required skills and activities, including in-water skills.**

**? Successfully complete the following exit skills assessment:**

**Step from side into chest-deep water, move into a front float for 5 seconds, roll to b**

**Move into a back float for 5 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 the front then continue swimming for 5 body lengths.**

**What your little one can expect going into Level 3**

## **Course: Learn to Swim Level 3: Stroke Development**

**Purpose To build on the skills in Level 2 by providing additional guided practice in deeper water**

### **Learning Objectives**

**Enter water by jumping from the side**

**Headfirst entries from the side in sitting and kneeling positions**

**Bobbing while moving toward safety**

**Rotary breathing**

**Survival float**

**Back float**

**Flutter, scissor, dolphin and breaststroke kicks on front**

**Front crawl and elementary backstroke**

**Learn to look carefully before entering the water**

**Learn to perform simple nonswimming assists**

**Learn to recognize, prevent and respond to cold water emergencies**

### **Certification Requirements**

**Demonstrate competency in all required skills and activities, including in-water skills**

**Successfully complete the following exit skills assessment:**

**Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.**

**Change from vertical to horizontal position on front and back**

**Tread water**

**What your little one can expect going into Level 4**

## **Course: Learn to Swim Level 4: Stroke Improvement**

**Purpose To develop participants' confidence in the strokes learned in Level 3 and to improve other**

## **aquatic skills Learning Objectives**

**Headfirst entries from the side in compact and stride positions**  
**Swim under water**  
**Feet first surface dive**  
**Survival swimming**  
**Front crawl and backstroke open turns**  
**Tread water using 2 different kicks**  
**Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly**  
**Flutter and dolphin kicks on back**  
**Learn to look carefully before entering the water**  
**Learn what to think about and do when exhausted or caught in a dangerous situation**  
**Learn to perform simple nonswimming assists**  
**Learn about recreational water illnesses and how to prevent them**

### **Certification Requirements**

- ? Demonstrate competency in all required skills and activities, including in-water skills**
- ? Successfully complete the following exit skills assessment:**  
**Perform a feet first 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**

**What your little one can expect going into Level 5**

# **Course: Learn to Swim Level 5: Stroke Refinement**

**Purpose**  
**To further learn how to coordinate and refine strokes**

### **Learning Objectives**

**Shallow-angle dive from the side then glide and begin a front stroke**  
**Tuck and pike surface dives, submerge completely**  
**Front flip turn and backstroke flip turn while swimming**  
**Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly**  
**Sculling**  
**Learn to look carefully before entering the water**  
**Learn what to think about and do when exhausted or caught in a dangerous situation**  
**Learn to perform simple nonswimming assists**  
**Learn about recreational water illnesses and how to prevent them**  
**Learn how to call for help and the importance of knowing first aid and CPR**  
**Learn basic safety guidelines for participating in aquatic activities at waterparks**

### **Certification Requirements**

- ? Demonstrate competency in all required skills and activities, including in-water skills**
- ? Successfully complete the following exit skills assessment:**
  - 1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.**
  - 2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and**

swim back crawl for 25 yards.

What your little one can expect going into Level 6

# Course: Learn to Swim Level 6: Personal Water Safety

## Purpose

To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances  
To teach students how to prevent aquatic emergencies in various aquatic environments.  
To introduce and practice self-rescue techniques

## Learning Objectives

Increase endurance while performing the following strokes:

Front crawl-100 yards

Back crawl-100 yards

Butterfly-50 yards

Elementary backstroke-50 yards

Breaststroke-50 yards

Sidestroke-50 yards

Demonstrate the following turns while swimming:

Front crawl open turn

Backstroke open turn

Sidestroke turn

Front flip turn

Backstroke flip

Butterfly Turn

Breaststroke Turn

Tread water, kicking only, in deep water (2 minutes)

Demonstrate a feet-first surface dive and retrieve and object from a depth of 7 feet

Demonstrate the HELP position (2 minutes)

Demonstrate the huddle position (2 minutes)

Demonstrate a survival float in deep water (5 minutes)

Demonstrate a back float in deep water (5 minutes)

Demonstrate survival swimming (10 minutes)

Swim while clothed, using any type of stroke if time permits

Demonstrate self-self-rescue techniques while clothed if time permits

Discuss basic safety rules for open water environment and boating

## Certification Requirements

Demonstrate competency in all required skills and activities, including in-water skills

Successfully complete the following exit skills assessment:

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

**stroke.**

**Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.**

**Swim 20 yards, perform a feetfirst surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to the surface and swim 20 yards back to the starting point.**