

Course	Purpose	Prerequisites
Learn-to-Swim Level 1: Introduction to Water Skills	<ul style="list-style-type: none"> Orient participants to the aquatic environment and help them gain basic aquatic skills. Help participants begin to develop positive attitudes and safe practices around water 	<ul style="list-style-type: none"> No skill prerequisites Participants usually start at about 6 years of age

Learn-to-Swim Level 1: Introduction to Aquatic Skills

Water Adjustment, Entry and Exit

- || Enter water using ramp, steps or side
- || Exit water using ladder, steps or side

Breath Control and Submerging

- || Blow bubbles, 3 seconds
- || Bobbing, 5 times
- || Open eyes underwater and retrieve submerged objects in shallow water, 2 times

Buoyancy

- || Front glide, 2 body lengths
- || Recover from a front glide to a vertical position
- || Back glide, 2 body lengths
- || Back float, 5 seconds
- || Recover from a back float or glide to a vertical position

Changing Direction and Position and Treading

- || Roll from front to back
- || Roll from back to front
- || Arm and hand treading actions, in chest-deep water

Swim on Front

All—2 body lengths

- || Alternating leg action
- || Simultaneous leg action
- || Alternating arm action
- || Simultaneous arm action
- || Combined arm and leg actions on front

Swim on Back

All—2 body lengths

- || Alternating leg action

- || Simultaneous leg action
- || Alternating arm action
- || Simultaneous arm action
- || Combined arm and leg actions on back

Water Safety

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

Exit Skills Assessment

1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or “swim.”)
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. (This part of the assessment can be performed with assistance.)

Course	Purpose	Prerequisites
Learn-to-Swim Level 2: Fundamental Aquatic Skills	Build on the basic aquatic skills and water safety skills and concepts learned in Level 1	Successful demonstration of the Learn-to-Swim Level 1 exit skills assessment

Learn-to-Swim Level 2: Fundamental Aquatic Skills

Water Adjustment, Entry and Exit

- || Enter by stepping or jumping from the side into shoulder-deep water
- || Exit using ladder, steps or side from chest-deep water

Breath Control and Submerging

- || Fully submerge and hold breath, 10 seconds
- || Bobbing, 10 times
- || Open eyes underwater and retrieve submerged objects in chest-deep water, 3 times
- || Rotary breathing, 5 times

Buoyancy

- || Front glide, 2 body lengths
- || Float in a face-down position, 10 seconds

- cc Front float
- cc Jellyfish float
- cc Tuck float

- || Recover from a front float or glide to a vertical position
- || Back glide, 2 body lengths
- || Back float, 15 seconds
- || Recover from a back float or glide to a vertical position

Changing Direction and Position and Treading

- || Roll from front to back
- || Roll from back to front
- || Change direction of travel while swimming on front or back
- || Tread water using arm and leg actions, 15 seconds in shoulder-deep water

Swim on Front

- || Combined arm and leg actions on front, 5 body lengths

Swim on Back

- || Finning arm action, 5 body lengths
- || Combined arm and leg actions on back, 5 body lengths

Water Safety

- || Staying safe around water
- || Don't Just Pack It, Wear Your Jacket—demonstrate
- || Recognizing an emergency
- || How to call for help—demonstrate
- || 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

Exit Skills Assessment

1. Step from the 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.
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. 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 at least 5 body lengths.

Course	Purpose	Prerequisites
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Learn-to-Swim Level 3: Stroke Development	Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment	Successful demonstration of the Learn-to-Swim Level 2 exit skills assessment
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Learn-to-Swim Level 3: Stroke Development

Water Entry and Exit

|| Enter water by jumping from the side, fully submerge, then recover to the surface and return to the side

|| Headfirst entry from the side in a sitting and kneeling position

Breath Control and Submerging

|| Bobbing while moving toward safety, 15 times

|| Rotary breathing, 15 times

Buoyancy

|| Survival float, 30 seconds

|| Back float, 1 minute

Changing Direction and Position and Treading

|| Change from vertical to horizontal position on front

|| Change from vertical to horizontal position on back

|| While in a vertical position, rotate one full turn

|| Tread water, 1 minute

Swim on Front

|| Push off in a streamlined position, then begin flutter kicking, 3 to 5 body lengths

|| Push off in a streamlined position, then begin dolphin kicking

|| Front crawl, 15 yards

|| Breaststroke kick, 15 yards

Swim on Back

|| Elementary backstroke, 15 yards

Swim on Side

|| Scissors kick, 15 yards

Water Safety

|| Reach or Throw, Don't Go— demonstrate

|| Think Twice Before Going Near Cold Water or Ice

|| Look Before You Leap

|| Developing breath control safely

|| Making good decisions— choosing an exit point

Exit Skills Assessment

1. 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.
2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

Course	Purpose	Prerequisites
Learn-to-Swim Level 4: Stroke Improvement	<ul style="list-style-type: none"> Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3 	<ul style="list-style-type: none"> Successful demonstration of the Learn-to-Swim Level 3 exit skills assessment

Learn-to-Swim Level 4: Stroke Improvement

Water Entry and Exit

- || Headfirst entry from the side in a compact position
- || Headfirst entry from the side in a stride position

Breath Control and Submerging

- || Swim underwater, 3 to 5 body lengths, without hyperventilating
- || Feetfirst surface dive

Buoyancy

- || Survival swimming, 1 minute

Changing Direction and Position and Treading

- || Front crawl open turn
- || Back crawl open turn
- || Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes

Swim on Front

- || Front crawl, 25 yards
- || Breaststroke, 15 yards
- || Butterfly, 15 yards

Swim on Back

- || Push off in a streamlined position and begin flutter kicking, 3 to 5 body lengths
- || Push off in a streamlined position and begin dolphin kicking, 3 to 5 body lengths
- || Elementary backstroke, 25 yards
- || Back crawl, 15 yards

Swim on Side

- || Sidestroke, 15 yards

Water Safety

- || Reach or Throw, Don't Go— demonstrate
 - cc Reaching assist

cc Throwing assist

- || Recreational water illnesses
- || Think So You Don't Sink— demonstrate
- || Look Before You Leap

Exit Skills Assessment

1. 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.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

Course	Purpose	Prerequisites
Learn-to-Swim Level 5: Stroke Refinement	Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke)	Successful demonstration of the Learn-to-Swim Level 4 exit skills assessment

Learn-to-Swim Level 5: Stroke Refinement

Water Entry and Exit

- || Shallow-angle dive from the side
- || Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke

Breath Control and Submerging

- || Tuck surface dive
- || Pike surface dive

Changing Direction and Position and Treading

- || Front flip turn while swimming
- || Backstroke flip turn while swimming
- || Tread water, 5 minutes
- || Tread water, using legs only, 2 minutes

Swim on Front

- || Front crawl, 50 yards
- || Breaststroke, 25 yards
- || Butterfly, 25 yards

Swim on Back

- || Elementary backstroke, 50 yards
- || Back crawl, 25 yards
- || Standard (back) scull, 30 seconds

Swim on Side

- ▮ Sidestroke, 25 yards

Water Safety

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

Exit Skills Assessment

1. Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout.
2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Course	Purpose	Prerequisites
Learn-to-Swim Level 6: Swimming and Skill Proficiency—Personal Water Safety	<ul style="list-style-type: none"> ▮ Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances ▮ Teach participants how to prevent aquatic emergencies in various aquatic environments and to introduce and practice self-rescue techniques 	<ul style="list-style-type: none"> ▮ Successful demonstration of the Learn-to-Swim Level 5 exit skills assessment

Learn-to-Swim Level 6: Skill Proficiency—Personal Water Safety

Swim on Front, Back and Side

- ▮ Front crawl, 100 yards
- ▮ Elementary backstroke, 100 yards
- ▮ Back crawl, 50 yards
- ▮ Breaststroke, 50 yards
- ▮ Sidestroke, 50 yards
- ▮ Butterfly, 50 yards

Turns

- ▮ Front crawl open turn
- ▮ Back crawl open turn
- ▮ Front flip turn
- ▮ Backstroke flip turn
- ▮ Sidestroke open turn

- || Butterfly turn
- || Breaststroke turn

Specialty Knowledge and Skills

- || HELP position, 2 minutes
- || Huddle position, 2 minutes
- || Feet first surface dive
- || Tuck surface dive
- || Pike surface dive

- || Back float, 5 minutes
- || Survival float, 5 minutes
- || Survival swimming, 10 minutes
- || Tread water, using legs only, 2 minutes
- || Surface dive and retrieve an object from the bottom

Water Safety

- || Think So You Don't Sink
- || Swim as a Pair Near a Lifeguard's Chair
- || Know About Boating Before You Go Floating

- || Look Before You Leap
- || The danger of drains
- || The dangers of hyperventilation and extended breath-holding

Exit Skills Assessment

1. Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke.
2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
3. Perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to surface and return to starting point.