

Level 1- Water Adjustment

Water Adjustment:

I can fully submerge and hold breath (3 seconds)

Buoyancy and Breath Control:

I can float on my front with support

I can float on my back with support

I can blow bubbles

I can bounce up and down in chest deep water
maintaining an upright position for 10 bounces

Water Entry and Exit:

I can enter and exit the water from the stairs

I can enter and exit the water from the wall

Locomotion:

I can walk in the water using alternate arm action

I can kick on my front with support

I can kick on my back with support

Safety:

I know water safety rules

I know how to get help

I know how to wear a lifejacket on deck and enter
shallow water

Level 2- Primary Skills

Water Adjustment:

Hold breath and submerge 3 to 5 seconds

Submerge and pick up objects in chest
deep water with help

Buoyancy and Breath Control:

Front float with recovery- 5 seconds

Back float with recovery- 5 seconds

Locomotion:

Flutter kick on front- 5 yards

Flutter kick on back- 5 yards

Front and back glide with help

Introduce front crawl arms

Turns:

Turn over front to back with help

Safety:

Know the water safety rules

Wear a lifejacket in shallow water and float
face up for 1 minute

Level 3- Stroke Readiness**Buoyancy and Breath Control:**

- Bob 15 times (submerge the head completely)
- Bob in water over head, travel to safety
- Introduction of rotary (side) breathing with support

Water Entry and Exit:

- Jump into deep water without help and return to wall

Locomotion:

- Prone glide- 2 body lengths streamline
- Back glide- 2 body lengths streamline
- Front glide with kick- 7 yards
- Back glide with kick- 7 yards
- Front Crawl with 7 yards (front or side)
- Back Crawl with 7 yards

Turns:

- Reverse directions on front and back with help

Safety:

- Jump in deep with lifejacket on and return to side
- Introduction of treading water -15 sec.
- Discuss safe diving rules

Level 4- Stroke Readiness**Water Adjustment:**

- Retrieve submerged object without support
(eyes open)

Buoyancy and Breath Control:

- Bob 15 times (submerge the head completely)
- Bob in water over head, travel to safety
- Introduction of rotary (side) breathing with support

Water Entry and Exit:

- Jump into deep water
- Dive from side of pool from kneeling and
compact position

Locomotion:

- Prone glide with push off- 5 yards
- Back glide with push off- 5 yards
- Combined stroke on back with finning- 10 yds
- Freestyle with side (rotary) breathing- 10 yds
- Introduction to Elementary Backstroke
- Elementary Backstroke kick- 10 yards
- Swimming underwater- up to 5 yds

Turns:

- Reverse direction while swimming on front
without support
- Reverse direction while swimming on back
without support

Safety:

- H.E.L.P. position 1 min.
- Huddle position 1 min.
- Jump into deep water with lifejacket
- Learn safe diving rules
- Tread water- 30 sec.
- Reaching assist

Level 5- Stroke Development**Buoyancy and Breath Control:**

- Deep water bobbing- 15 times
- Rotary breathing- exhale under water

Locomotion:

- Elementary Backstroke- improved coordination
- Freestyle- improve (pull extends past waist, bent arm pull, catch in front of shoulders) - 20 yds
- Backstroke - emphasis on bent arm pull and body roll- 25 yds
- Introduction to breaststroke kick
- Sculling on back
- Swimming underwater- 5 yds

Safety:

- Treading water- Introduction of alternate kicks- 1 min.
- Throw rescue ring to victim and pull to safety
- Reaching assist
- Learn safe diving rules

Water Entry and Exit:

- Introduction to Diving from side of the pool from stride and standing positions

Level 6- Stroke Development**Buoyancy and Breath Control:**

- Deep water bobbing- 15 times
- Experiment with buoyancy and floating positions
- Rotary breathing- exhale under water

Water Entry and Exit:

- Diving from side of the pool from stride and standing positions

Locomotion:

- Freestyle- 50 yds (no side to side motion, less incline)
- Backstroke -50 yds (hand enters in line with shoulder)
- Introduction to breaststroke coordination
- Introduction to sidestroke coordination
- Sidestroke kick- 25 yds
- Breaststroke kick- 25 yds
- Elementary Backstroke- 50 yds
- Swimming underwater- 5-10 yds

Turns:

- Introduction to turning at the wall

Safety:

- Treading water- alternate kicks-2 min.
- Personal safety

Level 7- Stroke Proficiency

Locomotion:

- Freestyle- 100 yds, 1 turn min.
- Backstroke- 100 yds, 1 turn min.
- Breaststroke- 50 yds
- Sidestroke- 50 yds
- Butterfly- 25 yds
- Swimming underwater- 10 yds

Turns:

- Breaststroke
- Sidestroke
- Speed turn and pull-out for breaststroke
- Flip turn for crawl stroke

Safety:

- Pike surface dive
- Tuck surface dive
- Alternate kicks for treading water- (3 min.)
- Throwing rescues
- Swim 5 min. fully clothed

Level 8- Advanced Skills

Locomotion:

- Review all strokes, turns, and skills
- Freestyle- 200 yds
- Backstroke- 100 yds, 1 turn min.
- Breaststroke- 100 yds
- Sidestroke- 100 yds
- Butterfly- 50 yds
- Swimming under water- 15 yds

Turns:

- Backstroke flip turn

Safety:

- Alternate kicks for treading water- 5 min.
- Shallow water rescue; in water reaching assists
- Stretching out
- Check heart-rate
- Retrieve diving brick
- Swim 10 min. non stop fully clothed