

# LEVEL ONE

## Introduction to *BASIC* Water Skills

*\*All skills in this level are mastered WITH support*

- Enter and exit water safely
- Stepping and jumping in from the side and returning to wall and climbing out
- Open Eyes underwater and pick up a submerged object 2 times.
- Submerge mouth, nose and eyes horizontally
- Blow bubbles through mouth and nose while submerging head vertically 10 times  
(*Bubble Bobs*)
- *Front float* for 5 seconds
- Recover from *front float* to a standing position
- *Back float* for 5 seconds
- Recover from *back float* to a standing position
- Walk forward while *paddling arms*, then change direction and repeat
- *Paddle arms* with face in water with instructor holding on for 5 feet
- *Flutter kick* on front with instructor
- *Flutter kick* on front with kickboard or noodle
- *Flutter kick* on back with instructor
- *Flutter kick* on back with any type of arm action
- Knows General Safety Rules

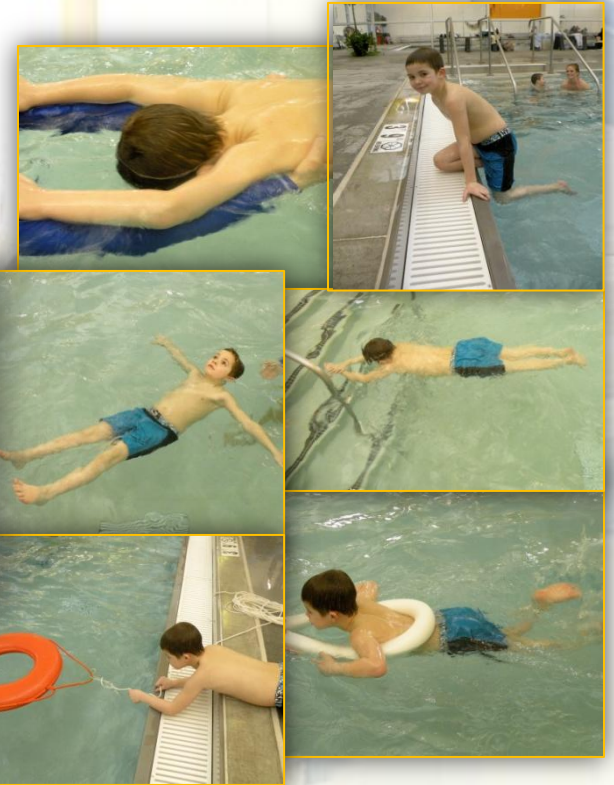


# LEVEL TWO

## Stroke Introduction

*\*All skills in this level are mastered WITHOUT support*

- Enter and Exit water safely
- Stepping and jumping in from the side and returning to the wall and climbing out
- Blow bubbles through mouth and nose while submerging head vertically 10 times for 5 seconds each.  
(*Bubble Bobs*)
- Pick up a submerged object from water that is above your head, 3 times.
- *Front float* for 5 seconds
- Recover from a *front float* to a standing position.
- *Front glide* for 2 body lengths
- Roll over from front to back
- *Back float* for 5 seconds
- Recover from a *back float* to a standing position
- *Back glide* for 2 body lengths
- Roll over from back to front
- Combined arm and leg action on front for 15 feet
- *Finning* arm action on back for 10 feet
- Combined arm and leg action on back for 15 feet
- Knows general *water safety rules*



# Level THREE

## Stroke Development

- Jump into deep water from the side
- *Sit dive*
- *Knee dive*
- Swim to the bottom and pick up an object
- Blow bubbles through mouth and nose while submerging head vertically 10 times for 5 seconds each. (*Bubble Bobs*)
- Perform *side breathing* with the body in a horizontal position holding the wall, 5 times
- Perform *side breathing* with the body in a horizontal position travelling forward with support
- *Front glide* for 2 body lengths
- *Front glide with flutter kick* for 2 body lengths
- *Back glide*
- *Back glide with flutter kick* for 2 body lengths
- *Back float* for 30 seconds
- *Front crawl stroke with side breathing* for 25 yards
- *Back crawl* for 25 yards





## Level FOUR

### Stroke Improvement

- *Dive from side in a compact or stride position*
- *Perform a feet first surface dive and submerge completely and retrieve an object from bottom*
- *Survival float on front for 1 minute in deep water*
- *Back float for 1 minute in deep water*
- *Open turn on front and push off in a streamlined position*
- *Open turn on back and push off in a streamlined position*
- *Front Crawl with side breathing for 50 continuous yards*
- *Back Crawl for 50 continuous yards*
- *Properly perform Whip Kick (Breast Stroke Kick) for 25 yards w/ kick board*
- *Introduction to Breast Stroke mechanics*
- *Knows general water safety rules*

# Parent / Tot

\*No skill level required to begin. All skills are mastered with parent/instructor support. Ages 1-3years.

## ***Water Adjustment***

- o Use a cup to pour water over back of neck, back of head and over face.
- o Bubble blowing with mouth in the water.

## ***Entry and Exit***

- o Sit on the side, jump in then turn around and reach for the wall and climb out.

## ***Floating***

- o Floating on front
- o Floating on back

## ***Gliding***

- o Gliding on front
- o Gliding on back

## ***Kicking***

- o Flutter kicking on front
- o Flutter kicking on back

## ***Introductory Arm Action***

- o Scooping arms forward in an upright position.

## ***Underwater Swimming***

- o Submerge completely and glide on front from parent to instructor and back again for 2-3feet.

## ***Body Management***

- o Retrieve submerged object from bottom in shallow water.
- o Walk forward in shallow water and retrieve a floating object, change direction and return object to parent.

## ***Play***

- o Songs o Games
- o Turtle Slide o Water Features