

LEVEL I - INTRODUCTION TO WATER SKILLS

- water entry and exit from the side of the pool and ladder
- submerge head, blow bubbles, and open eyes underwater
- buoyancy on front and back
- treading
- swim on front for 5 yards of independent, modified freestyle with underwater arms and flutter kick
- swim on back
- general and personal water safety
- helping others

LEVEL II - FUNDAMENTAL AQUATIC SKILLS

- comfortable floating on front and front glide
- comfortable floating on back and back glide
- roll over front to back and back to front
- treading
- swim on front--alternating arm and leg action
- swim on back--backstroke, finning, and sculling
- swim on side--alternating and simultaneous leg action
- changing direction and position
- general and personal water safety
- helping others--recognizing a distressed swimmer/how to get help

LEVEL III - STROKE DEVELOPMENT

- water entry and exit--kneeling dive
- retrieve submerged objects, fully submerged bobs
- front glide with two different kicks
- back glide with two different kicks
- change from vertical to horizontal and vice versa
- rotary breathing
- treading
- front crawl, learn butterfly kick and body motion
- learn back crawl
- explore HELP and huddle position
- general and personal water safety
- helping others--reaching assist--check--call--care

LEVEL IV - STROKE IMPROVEMENT

- water entry and exit--feet-first surface dive
- breath control and underwater swimming
- front, back, and survival float
- treading
- front crawl, breaststroke, and butterfly
- back crawl and elementary backstroke
- swim on side with scissors kick
- general and personal water safety
- helping others--throwing assist--care for conscious choking victim

LEVEL V - STROKE REFINEMENT

- tuck and pike surface dive
- standing front dive--begin swimming
- long shallow dive
- swim underwater
- sidestroke, elementary backstroke, and butterfly for 25 yards
- front and back crawl for 50 yards
- survival swim
- front and back flip turns
- demonstrate rescue breathing
- tread water for two minutes with two different kicks

LEVEL VI - ENDURANCE SWIMMING, PERSONAL SAFETY, AND LIFEGUARD READINESS

ENDURANCE SWIMMING:

- front crawl and back crawl for 100 yards
- breaststroke, elementary backstroke, sidestroke, and butterfly for 50 yards

OPEN TURNS:

- front crawl
- backstroke
- sidestroke
- breaststroke
- butterfly

FLIP TURNS:

- front crawl
- backstroke

SAFETY SKILLS:

- HELP and huddle position for two minutes
- survival and back float for one minute
- tread water for three minutes
- tread water kicking only for one minute
- care for conscious choking victim
- rescue breathing
- learn to assist a back boarding of a victim
- reach and throw assist
- front crawl and breaststroke with rescue tube trailing for 25 yards
- front crawl or breaststroke with rescue tube at chest for 10 yards
- surface dive and retrieve an object from the bottom (deep water)
- head splint in shallow water

SURFACE DIVES:

- feet first
- tuck
- pike