Learn-to-Swim
Level 1: Beginner

Introduction to Water Skills

Skills:
- Enter water using a ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles for 3 seconds
- Bubbling: 5 times
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 5 seconds
- Roll from front to back and back to front
- Treading water arm and hand actions
- Alternating and simultaneous leg and arm actions on front
- Alternating and simultaneous leg and arm actions on back
- Combined arm and leg actions on back
- Combined arm and leg actions on front

Exit Assessment
- Enter independently, travel at least 5 yards, bob 5 times, then safely exit the water.
- Glide on front at least 2 body lengths, roll to a back float for 5 seconds, and recover to a vertical position.

Safety Focus
- Staying safe around water
- Recognizing the lifeguard
- Don’t Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun Is No Fun

Level 1 skills may be performed with assistance.

Learn-to-Swim
Level 2: Beginner

Fundamental Aquatic Skills

Skills:
- Step or jump from the side into shoulder-deep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing: 10 times
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats for 10 seconds
- Front glide and recover to a vertical position
- Black glide and recover to a vertical position
- Black float for 15 seconds
- Roll from front to back and back to front
- Tread water for 15 seconds
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front

Exit Assessment
- Step from 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.
- Move into a back float for 15 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 front, then continue swimming for at least 5 body lengths.

Safety Focus
- Staying safe around water
- Don’t Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- 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

Learn-to-Swim
Level 3: Intermediate

Stoke Development

Skills:
- Jump into deep water from the side, submerge, return to the surface then to the side.
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Back float for 1 minute
- Tread water for 1 minute
- Change from vertical to horizontal position on front and back
- Push off in streamlined position on front, then begin kicking
- Swim front crawl for 15 yards
- Swim elementary backstroke for 15 yards
- Flutter, scissors, breaststroke, dolphin kicks

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

Safety Focus
- Reach or Throw, Don’t Go
- Think Twice Before Going Near Cold Water or Ice
- Look Before You Leap
- Developing breath control safely
- Making good decisions—choosing an exit point
Learn-to-Swim
Level 4: Intermediate
Stroke Improvement

Skills
- Headfirst entry in compact and side positions
- Feetfirst surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming for 1 minute

Swimming:
- Front crawl for 25 yards
- Elementary backstroke for 25 yards
- Breaststroke for 15 yards
- Back crawl for 15 yards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

Exit Assessment
- Perform a headfirst 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 16 yards.
- Submerge and swim a distance of 3 to 6 body lengths underwater without hyperventilating, return to the surface, then exit the water.

Safety Focus
- Reaching assist
- Throwing assist
- Recreational water illnesses
- Think So You Don’t Sink
- Look Before You Leap

Learn-to-Swim
Level 5: Advanced
Stroke Refinement

Skills
- Shallow-angle dive into deep water
- Tuck surface dive
- Pike surface dive
- Tread water for 5 minutes
- Tread water, using legs only, for 2 minutes
- Sculling for 30 seconds

Swimming:
- Front crawl for 50 yards
- Elementary backstroke for 50 yards
- Breaststroke for 25 yards
- Back crawl for 25 yards
- Butterfly for 25 yards
- Sidestroke for 25 yards
- Front flip turn
- Backstroke flip turn

Exit Assessment
- Perform a shallow-angle dive into deep water, swim front crawl for 60 yards, then swim elementary backstroke for 80 yards, using appropriate and efficient turning styles throughout.
- Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards, using appropriate and efficient turning styles throughout.

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

Learn-to-Swim
Level 6: Advanced
Advanced Options

Skills
- Surface dive and retrieve object from the bottom, 7–10 feet deep

Swimming:
- Front crawl for 100 yards
- Elementary backstroke for 100 yards
- Breaststroke for 50 yards
- Back crawl for 50 yards
- Butterfly for 50 yards
- Sidestroke for 50 yards
- Demonstrate open turns and front and back flip turns when swimming

Exit Assessment
- Swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke.

Note: Additional exit assessments are required, depending on the course option selected.

Safety Focus
- Learn About Boating Before You Go Floating
- Think So You Don’t Sink
- Swim a Pair Near: A Lifeguard’s Chair
- Look Before You Leap
- The dangers of hyperventilation and extended breath-holding

Course Options
- Fitness Swimmer
- Personal Water Safety
- Fundamentals of Diving