

Level I: Water Exploration

Purpose: Orient to aquatic environment; and create a sound foundation for aquatic and safety skills

Safety and Rescue Skills:

- Understand the basic water safety rules
- Know the fundamentals of using a life jacket
- Know how to handle a cramp
- Know how to get help
- Perform reaching assists without equipment

Swimming and Diving Skills:

- Enter and exit water independently
- Fully submerge face for 3 seconds. Blow bubbles
- Bounce in chest-deep water (bob) to chin level ten times
- Walk 5 yards in chest deep water, maintaining balance
- Float, while supported, on front and back
- Kick, while supported, on front and back
- Practice basic alternating arm action

Level II: Primary Skills

Purpose: Expand on fundamental aquatic locomotion and safety skills

Safety and Rescue Skills:

- Perform reaching and extension assist from deck
- Assist non-swimmer to feet
- Be familiar with rescue breathing

Swimming and Diving Skills:

- Move from standing to horizontal position
- Hold breath and fully submerge head for 3 seconds
- Float or glide on front, unsupported, for 5 seconds
- Float or glide on back, unsupported, for 5 seconds
- Submerge to retrieve object in chest deep water
- Explore deep water, with flotation support
- Enter pool into chest-deep water and stand
- Perform flutter kick on front and back (support optional)
- Turn over from front to back and back to front
- Float on back while finning with hands
- Practice back crawl arm action
- Perform combined (kick and arms) stroke front, 5 yards
- Perform combined (kick and arms) stroke back, 5 yards

Level III: Stroke Readiness

Purpose: Increase swimming skill competency; and practice safety and non-swimming rescue skills

Safety and Rescue Skills:

- Understand safe diving rules
- Bob in water slightly over head and travel to safe area
- Jump into deep water with life jacket on
- Jump into deep water from side of pool
- Demonstrate the Heat Escape Lessening Posture for 1 minute
- Perform "huddle" position with other participants for 1 minute
- Know how to open airway for rescue breathing

Swimming and Diving Skills:

- Retrieve an object from the bottom in chest-deep water
- Perform 15 bobs in chest deep water
- Do back crawl, 10 yards
- Do elementary backstroke kick, 10 yards
- Dive from the side of pool from kneeling and compact positions
- Tread water

Reverse direction while swimming on back
Coordinate arm stroke for front crawl with breathing to front or side, 10 yards
Perform front glide with push-off, 2 body lengths
Perform back glide with push-off, 2 body lengths
Reverse direction while swimming on front

Level IV: Stroke Development

Purpose: Develop confidence and competency in strokes and safety skills beyond preceding levels;
also, introduce breaststroke and sidestroke

Safety and Rescue Skills:

Become familiar with CPR
Demonstrate Rescue Breathing (without mouth to mouth contact)

Swimming and Diving Skills:

Perform rotary breathing
Practice deep water bobbing
Experiment with buoyancy and floating positions
Demonstrate diving from poolside, from both stride and standing positions
Practice treading water with a modified scissors, modified breaststroke and/or rotary

kick, 2 minutes

Perform the following:

Front crawl, 25 yards with rotary breathing
Back crawl, 25 yards
Elementary backstroke, 10 yards
Scissor kick, 10 yards
Sculling on back 5 yards, or 15 seconds
Breaststroke kick, 10 yards

Demonstrate turning at the wall

Level V: Stroke Refinement

Purpose: Continue stroke refinement. Introduce butterfly, surface dives and springboard diving

Safety and Rescue Skills:

Understand rules for safe diving from board
Know how to recognize spinal injury
Know hip/shoulder support for spinal injury

Swimming and Diving Skills:

Continue refinement of front crawl, back crawl, elementary backstroke, breaststroke and

sidestroke

Perform butterfly
Practice alternate breathing
Swim under water 3 body lengths
Tread water 2 minutes with 2 different kicks

Demonstrate basic dives:

Stand front dive from diving board
Long, shallow dive

Perform the following:

Breaststroke, 10 yards
Sidestroke, 10 yards
Elementary backstroke, 25 yards
Dolphin kick, 10 yards
Front crawl, 50 yards
Back crawl, 50 yards

Feet-first surface dive

Level VI: Stroke Proficiency

Purpose: Develop maximum efficiency and endurance for strokes; also, introduce flip turns

Safety and Rescue Skills:

- Demonstrate throwing assists
- Know how to roll a spinal injury victim face up
- Swimming and Diving Skills:
 - Perform turns:
 - Do breaststroke turn and pull-out
 - Flip turn for front crawl
 - Tread water for 3 minutes, 1 minute without hands, 2 with
 - Demonstrate jump tuck from diving board
 - Perform an approach and hurdle on diving board
 - Perform pike surface dive and tuck surface dive
 - Perform the following:
 - Front and back crawls, 100 yards each, with turns
 - Breaststroke and sidestroke, 25 yards each
 - Butterfly, 10 yards
 - Breaststroke and sidestroke turns

Level VII: Advanced Skills

Purpose: Encourage lifetime fitness; refine strokes learned in previous levels; develop springboard diving skills; and learn advanced rescue skills

- Safety and Rescue Skills:
 - Demonstrate an in-water rescue using equipment
 - Demonstrate how to check heart rate
 - Know conditioning principles
- Swimming and Diving Skills:
 - Perform front dive from board
 - Demonstrate treading water for 5 minutes
 - Retrieve diving brick in 8-10 feet of water
 - Perform the following:
 - Continuous swim, 500 yards
 - Swim under water, 15 yards
 - Breaststroke, 50 yards
 - Butterfly, 25 yards
 - Front crawl, 200 yards
 - Back crawl, 100 yards
 - Sidestroke, 50 yards
 - Backstroke flip turn