

SWIMMING LEVEL SKILLS

Description of what is expected at each level.

Parent Child 1 and 2

Parent/Child classes build basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintain a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.

Out-of-water exploration of pool area; enter & exit water skills; enter water by stepping or jumping in; exploring the use of toys; kicking at the side of the pool; blowing bubbles; bobbing and getting head wet; underwater exploration and opening eyes and retrieving objects below the surface; front & back floating; arm movements; leg movements; breathing with strokes; basic water safety rules.

Pre-School Red Level

Enter and exiting water by stepping in and using the ladder; bobbing; open eyes under water and retrieve submerged objects; front and back floats and glides; roll from front to back and back to front; tread water using arm and leg actions; finning arm action on back; basic water safety rules; recognizing the lifeguards; how to call for help

Pre-School White Level

Enter and exiting water by stepping in and using the ladder; bobbing; open eyes under water and retrieve submerged objects; front and back floats and glides; roll from front to back and back to front; tread water using arm and leg actions; combined arm and leg actions on front and back; finning arm action on back; basic water safety rules; recognizing the lifeguards; how to call for help.

Pre-School Blue Level

Enter water by jumping in; fully submerging face and holding breath; bobbing; front, jellyfish and tuck floats; back float and glide; recover from a front and back float or glide to a vertical position; change direction of travel while swimming on front or back; tread water using arm and leg actions; combined arm & leg actions on front & back; finning arm action on back; recognizing an emergency; how to call for help, use of life jacket.

Level 1

Enter water by jumping in; fully submerging face and holding breath; bobbing; front, jellyfish and tuck floats; back float and glide; recover from a front and back float or glide to a vertical position; change direction of travel while swimming on front or back; tread water using arm and leg actions; combined arm & leg actions on front & back; finning arm action on back; recognizing an emergency; water safety rules; how to call for help; use of life jacket

Level 2

Jump/step into chest-deep water; submerge head for 5 sec.; bob and blow bubbles repeatedly; front float for 5 sec; front glide 2 body lengths; jellyfish float for 5 sec; back float for 5 sec; back glide 2 body lengths; treading in chest-deep water; combing strokes and kicks for 15'; finning & sculling for 10'; swim on side with support; life jacket use; water safety; helping others.

Level 3

Retrieve submerged object with eyes open; bob & submerge head repeatedly; jump into deep water; dive/sitting or kneeling; rhythmic breathing; front glide with 2 kicks; back float in deep water 30 sec; change direction on front vertical to horizontal; survival float for 30 sec; change direction on back

SWIMMING LEVEL SKILLS

Description of what is expected at each level.

vertical to horizontal; tread water for 30 sec; front crawl for 15 yds.; butterfly kick & body motion for 15'; back crawl for 15yds; water safety rules; safe diving rules; life jacket-help & huddle 1 min; helping others.

Level 4

Dive, compact & stride; swim underwater 3 body lengths; feet-first surface dive; survival float 1 min; back float 1 min; open turn, front & back; treading 1 min; front crawl 25 yds.; breaststroke 15 yds.; butterfly 15 yds.; back crawl 25 yds.; elementary backstroke 15 yds.; scissors kick 15 yds.; more safe diving rules; life jacket with compact jump; throwing assist; conscious choking victim.

Level 5

Shallow dive from side; shallow dive, glide, stroke; swim underwater 15 yds.; survival float 2 min.; back float 2 min.; back & front flip turn; tread water , 2 kicks 2 min.; front crawl 50 yds.; butterfly 25 yds.; breaststroke 25 yds.; back crawl 50 yds.; elementary backstroke 25 yds.; side stroke 25 yds.; survival swimming 2 min.; rescue breathing.

Level 6 – Personal Water Safety

Front crawl 100 yds.; back crawl 100 yds.; breaststroke 50 yds.; elementary backstroke 50 yds.; sidestroke 50 yds.; butterfly 50 yds.; front/back open turns; side/breast open turns; butterfly turn; front flip turn; back flip turn; help position; huddle position; feet-first surface dive; pike surface dive; tuck surface dive; tread water; tread water kicking only; surface dive & retrieve object off bottom; survival float; back float; survival swimming; self-rescue techniques while clothed; swimming while clothed; basic safety rules for open water; basic rules for boating.

Level 6-Lifeguard Readiness

Front crawl 100 yds.; back crawl 100 yds.; breaststroke 50 yds.; elementary backstroke 50 yds.; sidestroke 50 yds.; butterfly 50 yds.; front/back open turns; side/breast open turns; butterfly turn; front flip turn; back flip turn; help position; huddle position; feet-first surface dive; tuck/pike surface dives; check-call-care; conscious chilling victim; reaching/throwing assists; rescue breathing; tread water 5 min.; tread water kick only 2 min.; compact jump with rescue tube; front crawl/breast with rescue tube trailing 25 yds.; throwing rescues; swim on back with object for 25 yds.; wadding assist with equipment; walking assist; beach drag; hip and shoulder support; head splint; using a backboard; 2 person removal from water.