



Level 1 - Water Exploration

- Submerge face 3 sec
- Bob 10 times
- Front float with support
- Back float with support
- Bubble blowing
- Enter and exit water independently
- Walk 5 yards in chest-deep water
- Supported kicking on front
- Supported kicking on back
- Skill #7 with alternating arms
- Importance of rules
- Personal safety and EMS
- Reaching assist without equipment
- Release of a cramp
- PFD enter shallow

Level 2 - Primary Skills

- Hold breath and submerge 3 sec
- Retrieve object in chest-deep water
- Explore deep water with support
- Prone float or glide with recovery 5 sec
- Supine float or glide with recovery 5 sec
- Level off from vertical
- Rhythmic breathing with or without support
- Get out of pool using the side
- Flutter kick on front
- Flutter kick on back
- Finning on back
- Back crawl arm action
- Combine stroke front (alternating arm and kick)
- Combine stroke back (kick and choice of arms)
- Turn over front to back
Turn over back to front
- Put on PFD float for 1 min
- Reaching and extension assists
- Assist nonswimmer to feet
- Familiarity with rescue breathing



Level 3 - Stroke Readiness

- Retrieve Object eyes open without support
- Bob completely submerging 15 times
- Bob from water over head to safe area
- Jump into deep water
- Dive kneeling and compact positions
- Prone glide with push off - two body lengths
- Supine glide w/push off - two body lengths
- Front crawl (breathing front or side, 10 yards)
- Back crawl 10 yards
- Elementary backstroke kick 10 yards
- Reverse direction while swimming on front
- Reverse direction while swimming on back
- Discuss diving rules
- Tread water
- Jump into deep water with PFD (personal floatation device)
- Demonstrate H.E.L.P. position 1 min
- Huddle position with two others 1 min
- Demonstrate how to open airway for rescue breathing

Level 4 - Stroke Development

- Deep water bobbing
- Experiment with floating and buoyancy
- Rotary breathing
- Standing front drive
- Elementary backstroke 10 yards
- Sculling on back 5 yards or 15 sec
- Front crawl 25 yards rotary breathing
- Back crawl 25 yards
- Breast stroke kick 10 yards
- Scissor kick 10 yards
- Demonstrate change of direction at wall
- Tread water 2 min
- Rescue breathing
- Demonstration of CPR

Level 5 - Stroke Refinement

- Alternate breathing
- Stride jump entry
- Standing dive from board



- Long shallow dive
- Breast stroke 10 yards
- Sidestroke 10 yards
- Swimming underwater three body lengths
- Elementary backstroke 25 yards
- Dolphin kick 10 yards
- Front crawl 50 yards
- Back crawl 50 yards
- Open turn on front
- Open turn on back
- Discuss safety rules of diving
- Discuss recognition of spinal injury
- Tread 2 min with two different kicks
- Roll spinal injury victim face up

Level 6 - Skill Proficiency

- Approach and hurdle on diving board
- Jump tuck from diving board
- Front crawl 100 yards 1 turn
- Back crawl 100 yards 1 turn
- Breast stroke 25 yards
- Sidestroke 25 yards
- Butterfly 10 yards
- Approach stroke 25 yards
- Breast stroke turn
- Sidestroke turn
- Speed turn and pull out for breast stroke
- Flip turn for front crawl
- Pike surface dive
- Tuck surface dive
- Tread water 3 min (1 min without hands)
- Throwing rescue

Level 7 - Advanced Skills

- Front dive from diving board either tuck or pike
- Swim 500 yards any strokes
- Front crawl 200 yards
- Swimming underwater 15 yards
- Back crawl 100 yards
- Breast stroke 50 yards



- Sidestroke 50 yards
- Butterfly 25 yards
- Backstroke flip turn
- In water rescue with equipment
- Discuss conditioning principles
- Check heart rate
- Retrieve diving brick 8-10 feet
- Basic Water Safety Skills
- Tread water 5 min