

SWIMMING SKILL LEVELS

Level I

- ☺ Enter and exit water safely (ladder, steps or side)
- ☺ Submerge mouth, nose and eyes
- ☺ Blow bubbles through mouth and nose (3 seconds)
- ☺ Open eyes underwater, pick up a submerged object
- ☺ Front and Back floats (5 seconds each)
- ☺ Explore arm and hand movements (treading water)
- ☺ Alternating arm action on front and back (5 feet)
- ☺ Alternating leg action on front and back (5 feet)
- ☺ Combined stroke on front and back (5 feet)
- ☺ Water safety rules

Level II

- ☺ Step or jump from the side
- ☺ Exit water safely (ladder, steps or side)
- ☺ Bobs (5 times)
- ☺ Open eyes underwater, pick up an object (3 times)
- ☺ Front Float (10 seconds)
- ☺ Front and Back glide (2 body lengths each)
- ☺ Survival float (jellyfish float) (15 seconds)
- ☺ Back float (15 seconds)
- ☺ Use arm and leg motions to tread water
- ☺ Roll over from front to back
- ☺ Roll over from back to front
- ☺ Front and Back crawls (15 feet each)
- ☺ Fining and Sculling arm actions on back (10 feet)
- ☺ Water safety rules

Level III

- ☺ Jump into deep water from the side
- ☺ Dive from sitting and kneeling position
- ☺ Submerge and retrieve an object (3 times)
- ☺ Bobs (10 times)
- ☺ Side breathing (5 times)
- ☺ Front and Back glide (2 body lengths each)
- ☺ Survival float and Back float (30 seconds each)
- ☺ Tread water (30 seconds)
- ☺ Change from vertical to horizontal on front
- ☺ Change from vertical to horizontal on back
- ☺ Front crawl (15 yards with side breathing)
- ☺ Butterfly (kick and body motion - 15 feet)
- ☺ Back crawl (15 yards)
- ☺ Water safety rules

Level IV

- ☺ Dive from compact and stride position
- ☺ Swim underwater (3 body lengths)
- ☺ Feet-first surface dive
- ☺ Survival float and Back float (1 minute)
- ☺ Tread water (1 minute)
- ☺ Open turn on front and back (streamline push off)
- ☺ Front and Back crawls (25 yards each)
- ☺ Breaststroke, Butterfly, Elementary Backstroke and Side-strokes (15 yards each)
- ☺ Water safety rules

Level V

- ☺ Racing start from the side
- ☺ Racing start, streamlined glide, any front stroke
- ☺ Tuck and Pike surface dives
- ☺ Swim underwater (15 yards)
- ☺ Survival float and Back float (2 minutes each)
- ☺ Tread water (2 minutes)
- ☺ Flip turns on front and back
- ☺ Front and Back crawls (50 yards each)
- ☺ Breaststroke, Butterfly, Elementary Backstroke and Sidestroke (25 yards each)
- ☺ Water safety rules

Level VI - Aquatic Safety (session 1)

- ☺ Front and Back crawls (100 yards each)
- ☺ Breaststroke, Butterfly, Elementary Backstroke and Sidestroke (50 yards each)
- ☺ Flip turns and open turns
- ☺ Feet-first, Pike and Tuck surface dives
- ☺ HELP and Huddle positions
- ☺ Tread water (5 minutes)
- ☺ Tread water (kicking only - hands out) 2 minutes
- ☺ Surface dive and retrieve 10 lb. Brick off bottom
- ☺ Survival float and Back float (5 minutes each)
- ☺ Self-rescue and swim while clothed (50 yards)
- ☺ Water safety rules

Level VI - Lap Swimming (session II)

- ☺ 15 minute swim
- ☺ Front and Back crawls (100 yards each)
- ☺ Breaststroke, Butterfly, Elementary Backstroke and Sidestroke (50 yards each)
- ☺ Flip turns and open turns
- ☺ Lap swimming etiquette
- ☺ Use a pull buoy, kick board, fins and paddles
- ☺ Principles of setting up a fitness program
- ☺ Calculate target heart rate

Level VI - Junior Lifeguard (session III)

- ☺ Front and Back crawls (100 yards each)
- ☺ Breaststroke, Butterfly, Elementary Backstroke and Sidestroke (50 yards each)
- ☺ Flip turns and open turns
- ☺ Feet-first, Pike and Tuck surface dives
- ☺ Tread water (5 minutes)
- ☺ Tread water (kicking only - hands out) 2 minutes
- ☺ Surface dive and retrieve 10 lb. Brick off bottom
- ☺ Swim on back holding brick (face out) 25 yards
- ☺ Check - Call - Care
- ☺ Beach drag - 2 person carry
- ☺ Compact jump from height with rescue tube
- ☺ Care for conscious choking victim
- ☺ Recognize a Cardiac emergency
- ☺ Care for shock - rescue breathing
- ☺ Cold and heat related emergencies

