



## **Nursery School Swim and Level I: Introduction to Water Skills.**

- Fully submerge face (3 sec)
- Swim 5 feet on front and back with support.
- Float and glide on front and back with help.
- Roll over with help.
- Blow bubbles through mouth and nose.
- Enter and exit water independently and safely.
- Pick up a submerged object with eyes open with help.
- Recover from front and back float with help.
- Introduction to alternating arm action.
- Treading motions in chest-deep water.
- Discuss staying safe around aquatic environments.
- Discuss recognizing the lifeguards.
- Discuss recognizing an emergency.
- Learn basic pool rules.
- Learn how to get help and call 911.





## **Level II: Fundamental Aquatics Skills.**

(all skills are performed independently.)

- Enter and exit the water safely.
- Pick up a submerged object with eyes open.
- Jump in from the side in the shallow water.
- Bob 5 times.
- Float on front and back for 5 seconds.
- Front and back glide.
- Recover from front and back float.
- Roll over front to back and back to front.
- Treading for at least 5 seconds.
- Swim 15 feet on front and back without support.
- Finning on the back for 10 feet.
- Discuss staying safe around aquatic environments.
- Discuss recognizing the lifeguards.
- Wear a lifejacket.
- Discuss recognizing an emergency.
- Too Much Sun Is No Fun.
- Learn basic pool rules.
- Learn how to get help and call 911.



### Level III: Stroke Development.

- **Jump into deep water.**
- **Sitting and kneeling dives.**
- **Forward dive fall-in.**
- **Rotary breathing.**
- **Front glide with 2 different kicks.**
- **Survival float 30 seconds.**
- **Front and back floats 30 seconds in deep water.**
- **Change from vertical to horizontal position on front and back in the deep water.**
- **Back glide with 2 different kicks.**
- **Elementary backstroke, 15 yards.**
- **Scissor kick, 10 yards.**
- **Front and back crawl for 15 yards.**
- **Butterfly kick for 15 feet.**
- **Tread water for 30 seconds.**
- **Submerge and retrieve a ring from the bottom.**
- **Reach or Throw, Don't Go.**
- **Think Twice Before Going Near Cold Water or Ice.**
- **Look Before You Leap.**
- **Rules for safe diving.**
- **Reaching assist.**
- **HELP and Huddle positions.**



## **Level IV: Stroke Improvement.**

- **Compact or stride jump.**
- **Swim under water (3-5 body lengths).**
- **Feet-first surface dive.**
- **Open turns for front and backstroke.**
- **Tread water for 1 minute w/ 2 different kicks.**
- **Front and back crawl for 25 yards.**
- **Breaststroke for 15 yards.**
- **Butterfly for 15 yards.**
- **Elementary backstroke for 25 yards.**
- **Forward Dive Fall-In/ Standing dive.**
- **Side scissor kick for 15 yards.**
- **Survival swimming, 30 seconds.**
- **Additional rules for safe diving.**
- **Compact jump with a life jacket.**
- **Throwing assist.**
- **Care for conscious choking victim**





## **Level V: Stroke Refinement.**

- **Shallow dive with streamline glide.**
- **Swim 15 yards underwater.**
- **Tuck and pike surface dives.**
- **Flip turns on front and back while swimming.**
- **Tread water with 2 different kicks for 5 minutes.**
- **Front and back crawl for 50 yards.**
- **Butterfly for 25 yards.**
- **Breaststroke for 25 yards.**
- **Elementary backstroke for 50 yards.**
- **Sidestroke for 25 yards.**
- **Standard scull, 30 sec.**
- **How to call for help and the importance of knowing 1<sup>st</sup> 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.**
- **Rescue breathing.**





## **Level VI: Fitness Swimmer.**

- **Front and back crawl for 100 yards.**
- **Breaststroke for 50 yards.**
- **Elementary backstroke for 100 yards.**
- **Sidestroke for 50 yards.**
- **Butterfly for 50 yards.**
- **Open turns for all strokes.**
- **Flip turns for front and back crawl.**
- **Self-rescue techniques while clothed.**
- **Basic safety rules for open water.**
- **Circle swimming.**
- **Use pace clock.**
- **Use aquatic fitness equipment (pull buoy, fins, paddles, etc).**
- **Demonstrate various training techniques.**
- **Calculate target heart rate.**
- **Apply principles of water exercise.**

