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 1st 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.