

Learn-To-Swim Course Descriptions:

Level 1: Water Exploration

Fully submerge face for three seconds
Bounce up and down in chest deep water maintaining upright position for 10 bounces
Supported float on front
Supported float on back
Bubble blowing
Enter and exit water independently, using ladder, ramp, or sides of pool
Walk five yards in chest deep water, alternating arms
Learn importance of water safety rules
Learn role of safety personnel and EMS
Reaching assists without equipment
Release cramp
Wear life jacket and enter shallow water

Level II: Primary Skills

Hold breath and fully submerge for three seconds
Submerge and retrieve object in chest deep water
Explore deep water with support
Prone float or glide, unsupported for five seconds and recover
Back float or glide, unsupported for five seconds and recover
Leveling off from a vertical position
Rhythmic breathing with or without support
Step from the side into chest deep water and recover to a vertical position
Get out at the side of the pool
Flutter kick on front
Flutter kick on back
Back crawl arm action
Combined stroke, front, using kick and alternating arm action for five yards
Combined stroke on back, using kick and choice of arm movements
Turning over, front to back
Put on life jacket in shallow water and float for one minute in face up position
Perform reaching and extension assist from deck
Assist non-swimmer to become familiar with rescue breathing

Level III: Stroke Readiness

Retrieve object from bottom in chest deep water
Bob 15 times in chest deep water
Jump into deep water from side of pool
Dive from side of pool from kneeling or compact position
Prone glide with push off for two body lengths
Back glide with push off for two body lengths
Swim front crawl, breathing as necessary, for 10 yards
Swim back crawl for 10 yards

Elementary backstroke kick for 10 yards, with or without a kickboard
Reverse directions while swimming on back
Learn safe diving rules
Tread water
Jump into deep water with a life jacket on H.E.L.P. position for one minute
Huddle position in groups of three for one minute
Demonstrate open airway for rescue breathing

Level IV: Stroke Development

Deep water bobbing
Experiment with buoyancy and floating position
Rotary breathing in chest deep water
Standing front dive from side of pool
Elementary backstroke for 10 yards
Sculling on the back for five yards or 15 seconds
Front crawl for 25 yards with rotary breathing
Back crawl for 25 yards
Breaststroke kick for 10 yards, with or without kickboard
Scissor kick for 10 yards, with or without kickboard
Demonstrate change of direction at wall
Tread water with modified scissors, modified breaststroke, and rotary kick for two minutes
Demonstrate rescue breathing without mouth contact
Become familiar with CPR

Level V: Stroke Refinement

Alternate breathing
Stride jump entry
Beginner diving progression from height
Long shallow dive
Breaststroke for 10 yards
Sidestroke for 10 yards
Swim underwater for three body lengths
Elementary backstroke for 15 yards
Butterfly kick for 10 yards, kick board optional
Front crawl, 50 yards
Back crawl, 50 yards
Open turn, front
Open turn, back
Rules for safe diving from a board
Recognition of spinal injury
Hip/shoulder support
Feet-first entry
Tread water for two minutes using two different kicks

Pre-Competitive

Stroke refinement and speed needed for competition
(Must be able to swim 25 yards and have completed Level V)