

Learn to Swim Level 1: Introduction to Water Skills

Purpose: To begin developing positive attitudes, good swimming habits and safe practices in and around the water

Prerequisites: None - Participants start at about 6 years of age.

Learning Objectives:

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety

Certification Requirements:

- Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Swimmers can walk, move along the gutter or “swim.”)
- Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Learn to Swim Level 2: Fundamental Aquatic Skills

Purpose: To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position

Prerequisites: Successful demonstration of all certification requirements from Level 1

Learning Objectives:

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action
- Learn how to stay safe, including recognizing an emergency, knowing how to call for help and perform simple non-swimming assists
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation

Certification Requirements:

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
- Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (Swimmer can be assisted when taking a breath.)

Learn to Swim Level 3: Stroke Development

Purpose: To build on the skills in Level 2 by providing additional guided practice in deeper water

Prerequisites: Successful demonstration of all certification requirements from Level 2

Learning Objectives:

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Learn to look carefully before entering the water
- Learn to perform simple non-swimming assists
- Learn to recognize, prevent and respond to cold water emergencies

Certification Requirements:

- Jump into deep water from the side
- Swim front crawl for 15 yards
- Maintain position by treading or floating for 30 seconds
- Swim elementary backstroke for 15 yards

Learn to Swim Level 4: Stroke Improvement

Purpose: To develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills

Prerequisites: Successful demonstration of all completion requirements from Level 3

Learning Objectives:

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feet-first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple non-swimming assists
- Learn about recreational water illnesses and how to prevent them

Certification Requirements:

- Perform a feet-first entry into deep water
- Swim front crawl for 25 yards, change direction and position as necessary, and then swim elementary backstroke for 25 yards
- Swim breaststroke for 15 yards, change direction and position as necessary, and then swim back crawl for 15 yards