BEGINNER SWIM SKILLS:

- Enter water safely using ramp, steps, or side
- Exit water safely using ladder, steps, or side
- Enter water by jumping from side
- Blow bubbles, 3 seconds
- Front float, 3 seconds
- Back float, 3 seconds
- Submerge mouth, nose, and eyes
- Open eyes underwater and retrieve submerged objects (in shallow water)
- Front glide, 2 body lengths
- Recover from a front glide to a vertical position
- Back glide, 2 body lengths
- Recover from a back glide to a vertical position
- Roll from front to back
- Roll from back to front
- Tread water using arm and hand action
- Alternating leg action on front, 2 body lengths
- Alternating arm action on front, 2 body lengths
- Combined arm and leg actions on front, 2 body lengths
- Alternating leg action on back, 2 body lengths
- Alternating arm action on back, 2 body lengths
- Combined arm and leg actions on back, 2 body lengths
- Bobbing, 5 times
- Front float, 5 seconds
- Back float, 5 seconds
- Tread water using arm and leg actions, 15 seconds (in shoulder-deep water)

SAFETY DISCUSSION TOPICS:

- Staying safe around water
- Recognizing the lifeguards
- Don’t just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap

EXIT SKILLS:

1. Enter independently, using either the ramp, steps, or side; travel at least 5 yards; submerge to mouth and blow bubbles for at least 3 seconds; then safely exit the water.
2. While in shallow water, glide on front for at least 2 body lengths; roll to back and float on back for 3 seconds; then recover to a vertical position.
3. Swim using combined arm and leg actions on front for 3 body lengths; roll to back; float for 15 seconds; roll to front; then continue swimming on front for 3 body lengths.
INTERMEDIATE SWIM SKILLS:

- 1 lap/width = 60 feet = 20 yards
- Enter water by jumping in (in shoulder-deep water)
- Fully submerge and hold breath, 10 seconds
- Bobbing, 10 times (in chest-deep water)
- Bobbing while moving toward safety, 15 times (in chest-deep water)
- Float in a facedown position, 10 seconds
- Combined arm and leg actions on front, 5 body lengths
- Combined arm and leg actions on back, 5 body lengths
- Change direction of travel while swimming on front or back
- Tread water, 30 seconds (in shoulder-deep water)
- Push off in a streamlined position on front, then begin flutter-kicking, 3 to 5 body lengths

SAFETY DISCUSSION TOPICS:

- Staying safe around water
- Recognizing the lifeguards
- Don’t just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Reach or throw, don’t go
- The danger of drains
- Developing breath control safely
- Making good decisions—choosing an exit point

EXIT SKILLS:

1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.

2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.
ADVANCED SWIM SKILLS:

- 1 lap/width = 60 feet = 20 yards
- Enter water by jumping from the side (into deep water), fully submerge, then recover to the surface and return to the side
- Headfirst entry from the side in a sitting position (into deep water)
- Headfirst entry from the side in a kneeling position (into deep water)
- Tread water, 1.5 minutes (in deep water)
- Headfirst entry from the side in a stride position
- Swim underwater, 3 to 5 body lengths (without hyperventilating)
- Feet-first surface dive, submerging completely
- Front crawl open turn
- Back crawl open turn
- Front crawl, 40 yards (2 laps/width of our pool)
- Breaststroke, 20 yards (1 lap/width of our pool)
- Dolphin kicks, 20 yards (1 lap/width of our pool)
- Butterfly, 20 yards (1 lap/width of our pool)
- Push off in a streamlined position on back and begin flutter-kicking, 3 to 5 body lengths
- Push off in a streamlined position on back and begin dolphin-kicking, 3 to 5 body lengths
- Elementary backstroke, 40 yards
- Back crawl, 20 yards (1 lap/width of our pool)
- Sidestroke, 20 yards (1 lap/width of our pool)
- Shallow-angle dive from the side
- Shallow-angle dive, glide 2 to 3 body lengths, and begin any front stroke
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water, up to 5 minutes
- Front crawl, 60 yards (3 laps/width of our pool)
- Breaststroke, 40 yards (2 laps/width of our pool)
- Butterfly, 40 yards (2 laps/width of our pool)
- Elementary backstroke, 40 yards (2 laps/width of our pool)
- Standard scull, 30 seconds
- Sidestroke, 20 yards (1 lap/width of our pool)
- Introducing IM (butterfly, backstroke, breaststroke, and freestyle)

SAFETY DISCUSSION TOPICS:

- Staying safe around water
- Recognizing the lifeguards
- Don’t just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Reach or throw, don’t go
- The danger of drains
- Developing breath control safely
- The importance of knowing first aid and CPR
- Recreational water illnesses
- Think twice before going near cold water or ice
- Wave, tide, or ride, follow the guide

EXIT SKILLS:

1. Perform a shallow-angle dive into water at least 8 feet deep, swim front crawl for 40 yards, then swim elementary backstroke 40 yards using appropriate and efficient turning styles throughout.
2. Swim breaststroke for 20 yards, change direction of travel as necessary, and then swim back crawl for 20 yards using appropriate and efficient turning styles throughout.
3. IM—4 strokes