• Enter water safely using ramp, steps, or side
• Exit water safely using ladder, steps, or side
• Enter water by jumping from side with assistance
• Blow bubbles, 3 seconds
• Front float, supported
• Back float, supported
• Submerge mouth, nose, and eyes
• Bobbing, 5 times
• Front glide, 2 body lengths, supported
• Back glide, 2 body lengths, supported
• Recover from a back float to a vertical position
• Roll from front to back, supported
• Roll from back to front, supported

INTRODUCTION TO STROKES
• Intro to treading water using arm and hand action
• Alternating leg action on front, 2 body lengths (freestyle)
• Alternating arm action on front, 2 body lengths (freestyle)
• Alternating leg action on back, 2 body lengths (backstroke)
• Combined arm and leg actions on back, 2 body lengths (elementary backstroke)

SAFETY TOPICS
• Staying safe around water
• Recognizing the lifeguards
• Recognizing an emergency
• How to call for help
• “Don’t just pack it, wear your jacket”

EXIT SKILLS ASSESSMENT
1. Enter independently, using either the ramp, steps, or side, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water.
2. While in shallow water, travel on front for at least 2 body lengths, with support.
3. Travel on back for at least 2 body lengths, roll to front, with support.
4. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, with support.
LEVEL 2—RED

- Enter water safely using ramp, steps, or side
- Exit water safely using ladder, steps, or side
- Enter water by jumping in (into shoulder-deep water)
- Fully submerging and holding breath, 5–10 seconds
- Bobbing, 10 times (in chest-deep water)
- Bobbing while moving toward safety, 15 times (in chest-deep water)
- Float in a face-down position, 5–10 seconds
- Combined arm and leg actions on front, 3 body lengths
- Combined arm and leg actions on back, 3 body lengths
- Change direction of travel while swimming on front or back
- Tread water, 15 seconds (in shoulder-deep water)
- Push off in a streamlined position on front, then begin flutter kicking, 3–5 body lengths
- Push off in a streamlined position on back, then begin flutter kicking, 3–5 body lengths
- Front crawl, 3–5 body lengths
- Backstroke kick, 3–5 body lengths

EXIT SKILLS ASSESSMENT
1. Step from the side into chest-deep water, 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. Swim on front with any stroke, roll onto back, float for 15 seconds, roll back onto front and swim to the wall.
3. Push off in a streamlined position, swim front crawl for 10 yards, taking breaths when needed and continuing to swim, change position and direction as necessary.
4. Swim elementary or alternating arms backstroke for 5 yards, then exit the water.

INTRODUCTION TO STROKES
- Intro to elementary backstroke kicks
- Intro to elementary backstroke, arms
- Intro to elementary backstroke, arms and legs combined
- Intro to backstroke, arms—flutter kick with alternating arms
- Intro to breaststroke kick
- Intro to breaststroke, arms

SAFETY TOPICS
- Staying safe around water
- Recognizing the lifeguards
- Recognizing an emergency
- The danger of drains
- Developing breath control safely
- Making good decisions—choosing an exit point
- “Don’t just pack it, wear your jacket”
- “How to call for help”
- “Too much sun is no fun”
- “Look before you leap”
- “Reach or throw, don’t go”
LEVEL 3—GREEN

- Enter water by jumping in (into shoulder-deep water)
- Enter water by jumping from the side (into deep water), fully submerge, then recover to the surface and return to the side
- Fully submerging and holding breath, 10 seconds
- Bobbing while moving toward safety, 15 times (in chest-deep water)
- Float in a face-down position, 15 seconds
- Roll from front to back and back to front
- Back float, 1 minute
- Tread water, 1 minute
- Push off in a streamlined position on front, then begin flutter kicking, 3–5 body lengths
- Push off in a streamlined position on back, then begin flutter kicking, 3–5 body lengths
- Rotary (side) breathing
- Front crawl, 15 yards (arms/pull/flutter kick with side breathing)
- Backstroke kick, 15 yards
- Elementary backstroke, 15 yards
- Breaststroke, 15 yards
- Push off in a streamlined position on front, then begin dolphin kicking, 3–5 body lengths

SAFETY TOPICS

- Staying safe around water
- Recognizing the lifeguards
- Recognizing an emergency
- The danger of drains
- Developing breath control safely
- Making good decisions—choosing an exit point

- “Don’t just pack it, wear your jacket”
- “How to call for help”
- “Too much sun is no fun”
- “Look before you leap”
- “Reach or throw, don’t go”

EXIT SKILLS ASSESSMENT

1. Step from the side into chest-deep water, move into a treading or floating position for 30 seconds, swim on front and/or back for 15 yards, then exit the water.
2. Push off in a streamlined position then swim front crawl for 25 yards, change position and direction as necessary, then exit the water.
3. Swim backstroke or breaststroke for 25 yards, then exit the water.
4. Tread water, 1 minute.
5. Back float, 1 minute.