



Swim Lessons – Level 1: Water Exploration

1. Fully submerge face for 3 seconds
2. Experience buoyancy: Bounce up and down in chest deep water maintaining upright position for 10 bounces, or bob to chin level with support – 10 times
3. Demonstrate support float on front
4. Demonstrate support float on back
5. Demonstrate bubble blowing
6. Enter and exit water independently using ladder, ramp, steps, or side of pool
7. Walk 5 yards in chest deep water maintaining balance, or move 5 yards along side of the pool maintaining contact with wall
8. Demonstrate kicking on front
9. Demonstrate kicking on back
10. Walk 5 yards in chest deep water using alternating arm stroke, or demonstrate alternating arm action for 10 seconds holding overflow gutter
11. Discuss importance of the following rules
12. Discuss role of safety personnel and EMS
13. Demonstrate reaching assists without equipment
14. Demonstrate how to relieve a cramp
15. Demonstrate wearing a life jacket on deck and enter shallow water

Swim Lessons – Level 2: Primary Skills

1. Hold breath and fully submerge head for 3 seconds
2. Submerge and retrieve object in chest deep water, or submerge and retrieve object that is suspended at appropriate depth
3. Explore deep water with support
4. Prone float or glide (unsupported) for 5 seconds and recover to standing
5. Supine float or glide (unsupported) for 5 seconds and recover to standing
6. Demonstrate leveling off from a vertical position
7. Rhythmic breathing with or without support (bob 10 times)
8. Step from side into chest deep water and recover from a vertical position
9. Get out at side of the pool
10. Flutter kick on front
11. Flutter kick on back
12. Demonstrate finning on back
13. Demonstrate back crawl arm action
14. Perform combined stroke on front, using kick and alternating arm action – 5 yards
15. Perform combined stroke on back, using kick and choice of arm action – 5 yards
16. Demonstrate turning over, front to back
17. Demonstrate turning over, back to front
18. Put on life jacket in shallow water and float for 1 minute with face up position, OR Put on life jack, center water and float for 1 minute with face up position
19. Demonstrate reaching and extension assist from deck
20. Demonstrate assisting non-swimmer to feet
21. Become familiar with rescue breathing



Swim Lessons – Level 3: Stroke Readiness

1. Retrieve object from bottom in chest deep water, eyes open and unsupported, OR Retrieve object that is suspended at appropriate depth
2. Bob submerging head completely 15 times in chest deep water, OR bob 10 times with support
3. Bob in water slightly over head to travel to safe area, OR bob to the side of the pool
4. Jump into deep water from side of pool
5. Dive from side of the pool (if water depth permits) in kneeling and compact positions
6. Prone glide with push off – 2 body lengths
7. Supine glide with push off – 2 body lengths
8. Swim front crawl – 10 yards
9. Swim back crawl – 10 yards
10. Demonstrate elementary backstroke kick – 10 yards
11. Reverse direction while swimming on front
12. Reverse direction while swimming on back
13. Discuss diving safety rules
14. Tread water
15. Jump into deep water with life jacket
16. Demonstrate H.E.L.P. position for 1 minute
17. Demonstrate huddle position for 1 minute
18. Demonstrate correct techniques for opening the airway for rescue breathing

Swim Lessons – Level 4: Stroke Development

1. Demonstrate deep water bobbing
2. Demonstrate floating positions
3. Demonstrate rotary breathing in chest deep water, OR demonstrate in dry land drill
4. Dive from the side of the pool (if water depth permits) from stride and standing positions
5. Perform elementary backstroke – 10 yards
6. Demonstrate sculling on back for 5 yards or 15 seconds
7. Swim front crawl for 25 yards with rotary breathing
8. Swim back crawl for 25 yards
9. Demonstrate breaststroke kick with or without kickboard for 10 yards
10. Demonstrate scissor kick with or without kickboard for 10 yards
11. Demonstrate change of direction at wall
12. Tread water with modified scissors, modified breaststroke or rotary kicks (2 minutes with any kick)
13. Demonstrate rescue breathing
14. Watch CPR demonstration



Swim Lessons – Level 5: Stroke Refinement

1. Demonstrate alternate breathing
2. Demonstrate stride jump entry
3. Demonstrate standing dive from board
4. Demonstrate long shallow dive
5. Swim breaststroke – 10 yards
6. Swim sidestroke – 10 yards
7. Swim underwater – 3 body lengths
8. Swim elementary backstroke – 25 yards
9. Demonstrate dolphin kick – 10 yards
10. Swim front crawl – 50 yards
11. Swim back crawl – 50 yards
12. Demonstrate open turn on front
13. Demonstrate open turn on back
14. Discuss safe rules for diving from a board
15. Discuss recognition of spinal injury
16. Demonstrate hip/shoulder support
17. Demonstrate feet first surface dive
18. Treading water – 2 minutes with 2 different kicks

Swim Lessons – Level 6: Skill Proficiency

1. Demonstrate approach and hurdle on diving board
2. Demonstrate jump tuck from diving board
3. Swim front crawl stroke – 100 yards
4. Swim back crawl stroke – 100 yards
5. Swim breaststroke – 25 yards
6. Swim sidestroke – 25 yards
7. Swim butterfly – 10 yards
8. Swim approach stroke – 25 yards
9. Demonstrate breaststroke turn
10. Demonstrate sidestroke turn
11. Demonstrate speed turn and pull out for breaststroke
12. Demonstrate flip turn for front crawl
13. Demonstrate pike surface dive
14. Demonstrate tuck surface dive
15. Tread water for 3 minutes (1 minute no hands)
16. Demonstrate throwing rescues
17. Demonstrate rolling spinal injury victim to face up