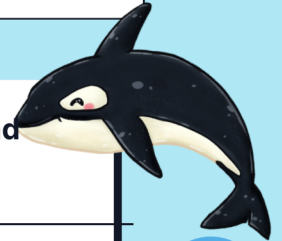
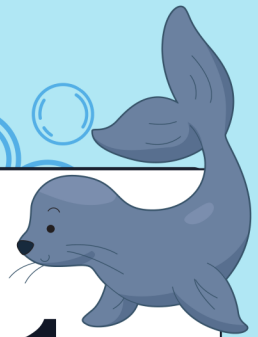




Learn to Swim Level 1



Enter water using a ramp, steps or side	Treading water arm and hand actions
Exit water using ladder, steps or side	Alternating and simultaneous leg and arm actions on front
Blow bubbles for 3 seconds	Alternating and simultaneous leg and arm actions on back
Bobbing, 5 times	Combined arm and leg actions on front
Open eyes under water and retrieve submerged objects	Combined arm and leg actions on back
Front glide and recover to a vertical position	Exit Assessment: With Support
Back glide and recover to a vertical position	Enter independently, travel at least 5 yards, bob 5 times, then safely exit the water
Back float for 5 seconds	Glide on front at least 2 body lengths, roll to a back float for 5 seconds, and recover to a vertical position.
Roll from front to back and back to front	

