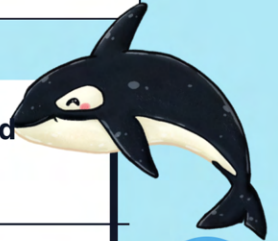
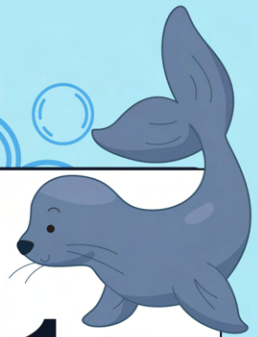




# Learn to Swim Level 1



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	<b>Exit Assessment: With Support</b>
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	





# Learn to Swim Level 2

Step or jump from the side into shoulder-deep water	Back float for 15 seconds
Exit water using ladder, steps or side	Roll from front to back and back to front
Fully submerge and hold breath	Tread water for 15 seconds
Bobbing, 10 times	Change direction of travel while swimming on front or back
Open eyes under water and retrieve submerged objects	Combined arm and leg actions on front and back
Rotary breathing	<b>Exit Assessment: With Support</b>
Front, jellyfish and tuck floats for 10 seconds	Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit.
Front glide and Back glide recover to a vertical position	Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
Finning arm action on back	Push off and swim combining arms and legs on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming at least 5 body lengths.





# Learn to Swim Level 3

Jump into deep water from the side, submerge, return to the surface then to the side	Swim front crawl for 15 yards
Headfirst entry from the side in seated and kneeling positions	Swim elementary backstroke for 15 yards
Bobbing while moving to safety	Flutter, scissors, breaststroke, and dolphin kicks
Rotary breathing	Combined arm and leg actions on back
Survival float for 30 seconds	<b>Exit Assessment: With Support</b>
Back float for 1 minute	Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute
Tread water for 1 minute	Rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water
Change from vertical to horizontal position on front and back	Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke 15 yards, then exit the water
Push off in streamlined position on front, then begin kicking	





# Learn to Swim Level 4

Headfirst entry in compact and stride positions	Back crawl for 15 yards
Feetfirst surface dive	Butterfly for 15 yards
Swim underwater	Sidestroke for 15 yards
Tread water, using 2 different kicks	Flutter and dolphin kicks on back
Survival float for 30 seconds	Push off in streamlined position on back, then begin kicking. Open turns on the front and back
Survival swimming for 1 minute	<b>Exit Assessment: With Support</b>
Front crawl for 25 yards	Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards.
Elementary backstroke for 25 yards	Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards
Breaststroke for 15 yards	Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.





# Learn to Swim Level 5

Shallow-angle dive into deep water	Butterfly for 25 yards
Tuck surface dive and Pike surface dive	Sidestroke for 25 yards
Tread water for 5 minutes	Front flip turn and Backstroke flip turn
Tread water, using legs only, for 2 minutes	
Sculling for 30 seconds	<b>Exit Assessment: With Support</b>
Front crawl for 50 yards	Perform a shallow-angle dive into deep water, swim front crawl for 50 yards
Elementary backstroke for 50 yards	Then swim elementary backstroke for 50 yards, using appropriate and efficient turning styles throughout.
Breaststroke for 25 yards	Swim breaststroke for 25 yards, change direction and position of travel as necessary.
Back crawl for 25 yards	Swim back crawl for 25 yards, using appropriate and efficient turning styles throughout





# Learn to Swim Level 6

Surface dive and retrieve object from the bottom, 7-10 feet deep	Exit Assessment: With Support 
Front crawl for 100 yards	Swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke.
Elementary backstroke for 100 yards	Course Options 
Breaststroke for 50 yards	Fitness Swimmer
Back crawl for 50 yards	Personal Water Safety
Butterfly for 50 yards	Fundamentals of Diving
Sidestroke for 50 yards	Note: Additional exit assessments are required, depending on the course option selected. 
Demonstrate open turns and front and back flip turns when swimming	

