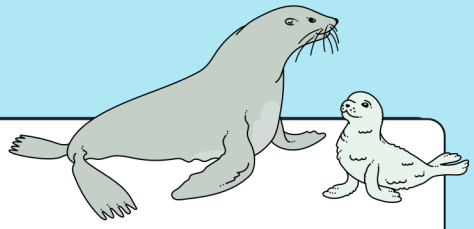
Parent & Child Aquatics Level 1

Water acclimation	Arm and hand treading actions
Exit water using ladder, steps or side	Alternating and simultaneous leg actions and arm actions on front
Blow bubbles for 3 seconds	Alternating and simultaneous leg actions and arm actions on back
Submerge mouth, nose and eyes	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, using either the ramp, steps or side, travel at least 5 yards
Back float for 3 seconds	Submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or “swim”.)
Roll from front to back and back to front	While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

THE Swim ADVANTAGE



Parent & Child Aquatics Level 2

Enter water using ramps, steps or side	Arm and hand treading actions
Exit water using ladder, steps or side	Alternating and simultaneous leg actions and arm actions on front
Blow bubbles for 3 seconds	Alternating and simultaneous leg actions and arm actions on back
Submerge mouth, nose and eyes	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, using either the ramp, steps or side, travel at least 5 yards
Back float for 3 seconds	Submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or “swim”.)
Roll from front to back and back to front	While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.