

COURSE DESCRIPTIONS

Describes skills taught in each level and requirements to pass that level)

*Red print means skill is first introduced in that level

COURSE↓	ENTRY & EXIT	BREATH CONTROL And UNDERWATER SWIM	BUOYANCY On FRONT	BUOYANCY On BACK	CHANGE DIRECTION And POSITION	TREADING
PRE-1 (ages 4,5) LEVEL 1 (ages 6-up) <i>Intro to Water</i> (Skills supported)	Use steps/ side Unassisted	Submerge mouth, nose, eyes Blow bubbles-mouth & nose Open eyes underwater Retrieve object at arm depth	Front float -face in or out-5 sec	Back float- 5 seconds	Change direction while walking or paddling Rolling over	Arm & hand action in chest deep
PRE-2 (ages 4,5) LEVEL 2 (ages 6-up) <i>Fundamental Skills</i> (Skills unsupported)	Jump in -side Exit from side (in shallow)	Submerge head- 5 seconds Blow bubbles w/bobbing-5 times Open eyes, get object- 3 times	Front Float- 5 seconds Front Glide- 2 body length Jelly Fish float- 5 seconds	Back float- 5 seconds Back Glide- 5 seconds	Change direction paddling Rolling over	Arms & Legs action in chest deep
LEVEL 3 (age 6-up) <i>Stroke Development</i>	Jump into deep Dive -kneeling	Submerge 3 seconds, get object Bobbing 5 times in chest deep Rotary breathing - 5 times	Front Glide - 2 body length (Flutter & breaststroke kicks) Survival Float-deep 30 sec.	Back Glide- 2 body leng (with 2 kicks) Back Float-deep 30 sec	Change Position in deep; vertical to front & to back	In deep water 30 seconds
LEVEL 4 <i>Stroke Improvement</i>	Dive- Standing	Swim Underwater- 3 body length Feet-First Surface Dive	Survival Float- 1 minute	Back Float- 1 minute	Open Turn - Front & Back (Glide 2 body lengths)	Tread- 1 min. with 2 kicks
LEVEL 5 <i>Stroke Refinement</i>	Shallow Dive	Swim Underwater- 1 length Tuck & Pike Surface Dives	Survival Float- 2 minutes	Back Float- 2 minutes	Flip Turn - Front & Back	Tread- 2 min. with 2 kicks
LEVEL 6 <i>Advanced Swimmer</i>	Dive- Board Approach & Hurdle	Feet-First Surface Dive Tuck & Pike Surface Dives Retrieve object off bottom	Survival Float- 5 minutes Survival Swimming- 10 minutes	Back Float- 5 minutes	Open & Flip Turns For all strokes	Tread- 5 min. Kick only-2 m.

1 Lap=25 yd	SWIM ON FRONT	SWIM ON BACK	SWIM ON SIDE	WATER SAFETY	HELPING OTHERS	EXIT SKILLS
PRE 1 & LEVEL 1	5 Feet with support Alternating arms and legs	5 Feet with support Alternating arms & legs		Whale Tale Rules Life Jackets	Recognize distress How to get help	1. Enter water alone, move 5 yards Bob to chin 5 times, exit water. 2. Front float 3 sec, roll to back float 3 seconds. All skills are supported
PRE 2 & LEVEL 2	1 Width/no support Any arm & leg action	Finning & Sculling ½ width 1 width without support any arm and leg action		Whale Tale Rules Life Jackets	Recognize distress How to get help	1. Jump in shallow, front float-5 seconds Roll over to back, stand up alone. Back float for 5 seconds, stand up. 2. Push off, swim on front - 1 width Push off, swim on back- 1 width
LEVEL 3	Front Crawl- 1 L. Butterfly kick & motion- 1width	Back Crawl- 1 Length		Whale Tale Rules Diving Rules Life Jackets (H&H pos.)	Reaching Assist Check for breathing Call 911	1. Jump shallow, Front crawl to deep, tread/float 30 sec., back crawl back. (breath front or side okay)
LEVEL 4	Front Crawl- 1 Lap Breaststroke- 1 Le.. Butterfly- 1 Length	Back Crawl - 1 Lap Elementary Backstroke 1 Lg	Sidestroke Kick- 1 Len. (With or Without support)	Diving Rules Life Jackets (Compact jump -board)	Throwing Assist Care for Choking	1. Jump deep, Front crawl 1 lap, Back float 1 minute, then - Elementary Backstroke 1 length. 2. Breaststroke 1 length, Tread 1minute, then Back Crawl 1 lap.
LEVEL 5	Front Crawl - 2 Laps Breaststroke- 1 Lap Butterfly- 1 Lap	Back Crawl- 2 Laps Elementary Backstroke-1 lsp	Sidestroke - 1 Lap	Survival Swim - 2 Min.	Rescue Breathing	1. Long shallow dive, front Crawl 2 laps Back Float 2 min., elem.backstr 1 lap 2. Breaststroke 1 lap, Tread 2 min. then Back Crawl 2 laps.
LEVEL 6	Front Crawl- 4 Lap Breaststroke- 2Lap Butterfly- 2 Laps	Back Crawl- 4 Laps Elem. Backstroke -2 Laps	Sidestroke- 2 Laps	Safety Rules for: Open Water Boating		Swim 500 yds -20 laps non-stop
CC (Competitive Concepts)	Front Crawl Breaststroke Butterfly	Back Crawl				Fun Swim Meet Just with the class