



## Skills Checklist

# Learn-to-Swim Level 1

***In this level, the following skills are instructed and evaluated. These skills must be mastered to advance to the next level:***

- Enter and exit water using ladder, steps or side
- Blowing bubbles through mouth and nose, 3 seconds
- Bobbing, 3 times
- Opening eyes under water and retrieving submerged objects, 2 times (in shallow water)
- Front glide, 2 body lengths
- Recover from a front glide to a vertical position
- Back glide, 2 body lengths
- Back float, 3 seconds
- Recover from a back float or glide to a vertical position
- Roll from front to back
- Roll from back to front
- Treading using arm and hand actions (in chest-deep water)
- Alternating leg action on front, 2 body lengths
- Simultaneous leg action on front, 2 body lengths
- Alternating arm action on front, 2 body lengths
- Simultaneous arm action on front, 2 body lengths
- Combined arm and leg actions on front, 2 body lengths
- Alternating leg action on back, 2 body lengths
- Simultaneous leg action on back, 2 body lengths
- Alternating arm action on back, 2 body lengths
- Simultaneous arm action on back, 2 body lengths
- Combined arm and leg actions on back, 2 body lengths

### **Safety Topics**

- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun Is No Fun

### **Exit Skills Assessment**

1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or "swim.")
2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)