

LEVEL 1 - INTRODUCTION TO WATER SKILLS (Age 3+)

SAFETY TOPICS:

- Staying safe around the water
- Recognizing the lifeguard
- Recognizing an emergency
- Don't just pack it, Wear Your Jacket
- How to call for help.
- Too Much Sun Is No Fun
- General water safety rules

NEW SKILLS:

- Enter and exit the water safely using ramp, ladder, steps or side
- Explore designated lesson area
- Blowing bubbles
- Submerge to mouth and nose
- Front glide with support
- Recover from glide to vertical position
- Back glide with assistance
- Pick up submerged objects
- Back float with swim bar float then recover
- Alternating leg action on front and back with support
- Alternation arm action on back with support
- Simultaneous arm action on front and back with assistance
- Simultaneous leg action on front and back with assistance
- Combined arm and leg actions on front with assistance
- Swim wearing a life jacket
- Float on back
- Combined arm and leg actions on front with assistance
- Swim wearing a life jacket
- Front glide, face in water independently
- Back float independently and recover with assistance
- Combined arm and leg actions on back with support
- Roll from front to back
- Roll from back to front
- Treading—explore arm and hand movements
- Exit skills assessment