

APGMWR- Outdoor Recreation-Swim Lesson Levels

The prerequisite for each level is the successful completion and/or demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. Each level of Learn-to-Swim Lessons includes training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below:

Parent and Child Aquatics:

Purpose: is for children 6 months to 3 years of age who are not yet ready to be in swim lessons without a parent. The program builds swimming readiness while emphasizing fun in the water. Parents & children participate in several guided practice sessions that help children learn elementary skills, including bubble blowing, front & back kicking & floating and experience underwater exploration and more. Once children can perform basic skills without parental assistance, they may begin Learn-to-Swim courses.

Level 1: Introduction to Water Skills (ages 4-6)

Purpose: Helps students feel comfortable in the water. Level 1 participants learn to:

- Enter and exit water safely
- Submerge mouth (head) independently
- Exhale underwater through mouth and nose
- Open eyes underwater, pick up submerged object, at least 2 times
- Float on front and back with support
- Swim on front and back using arm/leg actions
- Rollover front to back, back to front w/support
- Treading – explore arm and hand movements in chest-deep water
- Follow basic water safety rules, helping others
- Use a life jacket

Level 1 Exit Skills Assessment:

- 1) Enter unassisted, move 5 yards, bob 5 times to chin level, safety exit water;
- 2) Float on front w/support for 3 seconds, assisted roll to back, assisted float on back for at least 3 seconds.

Level 2: Fundamental Aquatic Skills (ages 5-8)

Purpose: Gives students independent success with fundamental skills. Level 2 participants learn to:

- Enter water independently, jumping from the side, in chest deep water
- Exit water safely using ladder or side
- Swim on side
- Submerge entire head, at least 5 seconds
- Rhythmic pattern of exhaling while head is submerged (bobs)
- Open eyes underwater, pick up a submerged object, at least 3 times in shallow water
- Float on front and back unsupported
- Perform front and back glide, unsupported
- Roll over from front to back, back to front
- Swim on front and back using combined strokes, at least 15 feet unsupported
- Treading using arms and legs unsupported in chest-deep water
- Water safety rules, helping others, swim while wearing a life jacket

Level 2 Exit Skills Assessment: 1) Without assistance, step from side into chest-deep water, move into front float for 5 seconds, roll over to a back float, return standing position, then move to back float for 5 seconds and return to a standing position; 2) Push off & swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

Level 3: Stroke Development (ages 6-10)

Purpose: Builds on skills from Level 2 & develops strokes through additional guided practice. Level 3 participants learn:

- Jump into deep water from the side
- Dive from kneeling or standing position, in water at least 9 feet deep
- Perform front & back float at least 30 seconds

APGMWR- Outdoor Recreation-Swim Lesson Levels

- Submerge and retrieve an object
- Bob with the head fully submerged, chest deep
- Perform front & back glide w/2 different kicks
- Use rotary breathing in horizontal position
- Perform front and back crawl, 15 yards
- Butterfly - kick and body motion, 15 feet
- Perform the HELP and Huddle position
- Change from horizontal to vertical position on front and back
- Water safety rules, perform a reaching assist

Level 3 Exit Skills Assessment:

1) Jump into chest-deep water from the side, swim front crawl for 15 yards w/ face in the water breathing (to front or side), and maintain position by treading or floating for 30 seconds, back crawl for 15 yards.

Level 4: Stroke Improvement (ages 7-13)

Purpose: Develops confidence and strength to improve skills learned and introduces new aquatic skills. Level 4 participants learn to:

- Shallow dive or dive from stride position, in at least 9 feet of water
- Swim underwater, 3 body lengths
- Front and back float, survival float, 1 minute
- Perform feet-first surface dive
- Perform open turn on front/back using any stroke
- Tread water using sculling arm motions and various kick, 1 minute
- Use safe diving rules, water safety rules, perform a throwing assist
- Care for conscious choking victim
- Perform compact jump a height while wearing a life jacket
- Perform the following:
 - Front and back crawl, 25 yards
 - Breaststroke & Elementary backstroke, 15 yards
 - Butterfly, 15 yards
 - Swim on side w/scissors kick, 15 yards

Level 4 Exit Skills Assessment:

- 1) Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.
- 2) Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Level 5: Stroke Refinement (ages 7-13)

Purpose: Provides further coordination and refinement of strokes, swimming further distances. Level 5 participants learn to:

- Tread water w/ two different kicks, 2 minutes
- Learn survival swimming, 2 minutes
- Survival floating, 2 minutes
- Water safety, helping others, rescue breathing
- Perform the following:
 - Standing dive, Shallow dive, glide two body lengths and begin any front stroke
 - Sidestroke, elementary backstroke 25 yds
 - Tuck & pike surface dive
 - Front and back flip turn
 - Front and back crawl, 50 yards
 - Butterfly, breaststroke 25 yards

Level 5 Exit Skills Assessment:

- 1) Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull), and swim elementary backstroke for 25 yards;
- 2) Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.