

## SL-04 Description of Learn to Swim Levels

Level	Purpose	Content
Parent and Child Aquatics	<p>This course is intended to develop in young children (6 months - 5 years) a comfort level in and around the water, as well as a readiness for learning to swim. It is important to understand that this program is NOT designed to teach children to become accomplished swimmers or even to survive in the water on their own. The program provides information and techniques for parents to orient their children to the water and learn how to safely supervise all water activities.</p> <p><b>Prerequisite:</b> None  <b>Course Length:</b> 6 hours +  <b>Certificate:</b> Participation certificate</p>	<ul style="list-style-type: none"> <li>• Water Adjustment</li> <li>• Swimming on Front</li> <li>• Swimming on Back</li> <li>• Breath Control</li> <li>• Changing Directions</li> <li>• Personal Safety</li> <li>• Water Exit</li> <li>• Parent participation required.</li> </ul>
Level 1 – Introduction to the Water	<p>To orient participants to the aquatic environment and teach them elementary skills that can be built on as they progress through the Learn to Swim program.</p> <p><b>Prerequisite:</b> None  <b>Course Length:</b> No minimum hours suggested  <b>Certificate:</b> Course Completion certificate</p>	<ul style="list-style-type: none"> <li>• Water Entry and Exit (steps, ladder or side)</li> <li>• Breath Control and Underwater Swimming (submerge face, blow bubbles, open eyes)</li> <li>• Buoyancy on Front (float)</li> <li>• Buoyancy on Back (float)</li> <li>• Changing Direction and Position (while walking/paddling, roll front/back)</li> <li>• Treading (explore arm/hand movement)</li> <li>• Swim on Front (arm action, leg action, combined action)</li> <li>• Swim on Back (arm action, leg action, combined action)</li> <li>• General and Personal Water Safety (safety rules, life jacket)</li> <li>• Helping Others (recognizing problems, getting help)</li> </ul>
Level 2 – Fundamental Aquatics	<p>To build on the fundamental aquatic locomotion, safety, and rescue skills presented in Level 1.</p> <p><b>Prerequisite:</b> Learn to Swim Level 1 certificate or demonstrated competency in Level 1 skills  <b>Course Length:</b> No minimum hours suggested  <b>Certificate:</b> Course Completion certificate</p>	<ul style="list-style-type: none"> <li>• Water Entry and Exit (ladder, step/jump from side)</li> <li>• Breath Control and Underwater Swimming (submerge head, bobs, open eyes, pick up objects)</li> <li>• Buoyancy on Front (maintain float, float-to-recovery, front glide)</li> <li>• Buoyancy on Back (maintain float, float-to-recovery, front glide)</li> <li>• Changing Direction and Position (while paddling, roll front/back)</li> <li>• Treading (arm/leg motion)</li> <li>• Swim on Front (combined arm/leg action)</li> <li>• Swim on Back (finning arm action, sculling arm action, combined arm/leg)</li> <li>• General and Personal Water Safety (safety rules, life jacket, enter/exit with jacket on)</li> <li>• Helping Others (recognizing problems, getting help)</li> </ul>
Level 3 – Stroke Development	<p>To build on the aquatic locomotion, safety, and rescue skills presented in Level II by providing participants with additional guided practice</p> <p><b>Prerequisite:</b> Learn to Swim 2 certificate or demonstrated competency in Level 2 skills  <b>Course Length:</b> No minimum hours suggested  <b>Certificate:</b> Course Completion certificate</p>	<ul style="list-style-type: none"> <li>• Water Entry and Exit (jump into deep water, head-first entry)</li> <li>• Breath Control and Underwater Swimming (retrieve objects, bobs, rotary breathing)</li> <li>• Buoyancy on Front (front glide, survival float)</li> <li>• Buoyancy on Back (front glide, back float)</li> <li>• Changing Direction and Position (change vertical to horizontal position front/back)</li> <li>• Treading (tread water)</li> <li>• Swim on Front (front crawl, butterfly)</li> <li>• Swim on Back (back crawl)</li> <li>• General and Personal Water Safety (safety rules, safe diving, enter with jacket on)</li> <li>• Helping Others (reaching assist, check-call-care)</li> </ul>
Level 4 – Stroke Improvement	<p>To develop confidence and competency in the aquatic locomotion, safety, and rescue skills presented in the Learn to Swim program thus far.</p> <p><b>Prerequisite:</b> Learn to Swim Level 3 or demonstrated competency in Level 3 skills  <b>Course Length:</b> No hours suggested  <b>Certificate:</b> Course Completion certificate</p>	<ul style="list-style-type: none"> <li>• Water Entry and Exit (dive from compact or stride position)</li> <li>• Breath Control and Underwater Swimming (swim underwater)</li> <li>• Buoyancy on Front (survival float)</li> <li>• Buoyancy on Back (back float)</li> <li>• Changing Direction and Position (open turns, push off)</li> <li>• Treading (tread water using various strokes)</li> <li>• Swim on Front (front crawl, breaststroke, butterfly)</li> <li>• Swim on Back (back crawl, elementary backstroke)</li> <li>• General and Personal Water Safety (additional rules, compact jump with jacket)</li> <li>• Helping Others (throwing assist, care for unconscious victim)</li> </ul>

<p>Level 5 – Stroke Refinement</p>	<p>To coordinate and refine the key strokes presented thus far in the Learn to Swim program and to introduce the butterfly, open turns, the feet-first surface dive, and springboard diving .  <b>Prerequisite:</b> Learn to Swim Level 4 certificate or demonstrated competency in Level 4 skills  <b>Course Length:</b> No minimum hours suggested  <b>Certificate:</b> Course Completion certificate</p>	<ul style="list-style-type: none"> <li>• Water Entry and Exit (shallow dive, dive to stoke transition)</li> <li>• Breath Control and Underwater Swimming (swim underwater, tuck dive, pike dive)</li> <li>• Buoyancy on Front (survival float)</li> <li>• Buoyancy on Back (back float)</li> <li>• Changing Direction and Position (flip turn)</li> <li>• Treading (tread water)</li> <li>• Swim on Front (front crawl, breaststroke, butterfly)</li> <li>• Swim on Back (back crawl, elementary backstroke)</li> <li>• Side stroke</li> <li>• General and Personal Water Safety (survival swimming)</li> <li>• Helping Others (rescue breathing)</li> </ul>
<p>Level 6 – Swimming and Skill Proficiency</p>	<p>To polish strokes presented in previous levels, swim them with greater ease, efficiency, power and smoothness over greater distances. Specializes in focus areas based on need/preference including (1) Lifeguard Readiness, (2) Personal Water Safety, (3) Fitness Swimmer and (4) Fundamentals of Diving.  <b>Prerequisite:</b> Learn to Swim Level 5 certificate or demonstrated competency in Level 5 skills  <b>Course Length:</b> No minimum hours suggested  <b>Certificate:</b> Course Completion certificate</p>	<ul style="list-style-type: none"> <li>• Lifeguard Readiness: Endurance Skills (front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly). Turns (front crawl open turn, sidestroke open turn, backstroke open turn, front flip turn, breaststroke turn, butterfly turn, backstroke flip turn). Review Skills and Information (feet-first surface dive, pike surface dive, tuck surface dive, check-call-care call for emergency help, care for conscious choking victim, reaching assist, throwing assist, rescue breathing). New Skills and Information (tread water, tread water - kicking only, compact jump from height with rescue tube, front crawl with rescue tube trailing, breaststroke with rescue tube trailing, surface dive and retrieve object from bottom, swim on back holding object - face out of water, wading assist with equipment, walking assist, beach drag, hip and shoulder support, head splint, using a backboard, two-person removal from water).</li> <li>• Personal Water Safety: Endurance Skills (front crawl, back crawl, breaststroke, elementary backstroke, sidestroke butterfly). Turns (front crawl - open turn, sidestroke open turn, backstroke open turn, front flip turn, breaststroke turn, butterfly turn, backstroke flip turn). Review Skills and Information (HELP position, huddle position, feet-first surface dive, pike surface dive, tuck surface dive). New Skills and Information (tread water, tread water - kicking only, surface dive and retrieve an object from the bottom, survival float, back float, survival swimming, self-rescue techniques while clothed, swimming while clothed, basic safety rules for open water, basic rules for boating)</li> <li>• Fitness Swimmer: Endurance Skills (front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly). Turns (front crawl, open turn, sidestroke open turn, backstroke open turn, front flip turn, breaststroke turn, butterfly turn, backstroke flip turn). New Skills and Information (demonstrate etiquette in fitness swimming, use a pace clock, use a pull buoy while swimming, use fins while swimming, use paddles while swimming, describe the principles of setting up a fitness program, demonstrate various training techniques, calculate target heart rate, apply principles of water exercise).</li> <li>• Fundamentals of Diving: Endurance Skills (front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly). Turns (front crawl open turn, sidestroke open turn, backstroke open turn, front flip turn, breaststroke turn, butterfly turn, backstroke flip turn). New skills and information (basic stretching exercises for diving, dive from side from kneeling and compact positions, dive from side from stride and standing positions, forward dive fall in from diving board, approach and hurdle, forward jump - tuck position, forward dive - tuck position, forward dive - pike position).</li> </ul>