

# Learn to Swim – Level 1

## children age 6 and older



### Skills

- Enter water by stepping or jumping from the side
- Exit water using steps or side
- Fully submerging and holding breath, 5 seconds
- Bobbing, 5 times
- Opening eyes under water and retrieving submerged objects,
- Front float, 5 seconds
- Jellyfish float, 5 seconds
- Front glide, 2 body lengths
- Recover from a front float or glide to a vertical position
- Back float, 15 seconds
- Back glide, 2 body lengths
- Recover from a back float or glide to a vertical position
- Roll from front to back
- Roll from back to front
- Change direction of travel while swimming on front or back
- Treading using arm and leg actions, 15 seconds

- Combined arm and leg actions on front, 5 body lengths
- Finning arm action on back,
- Combined arm and leg actions on back, 5 body lengths

### Safety Topics

- Staying safe around aquatic environments
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

### Exit Skills Assessment

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to vertical position.
- Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths.