

- Learn-to-Swim Level 1 skills may be performed with assistance.
- If water depth is not at least 9 feet, instructors SHOULD NOT teach headfirst entries from poolside; if water depth is not at least 11½ feet (or deeper if state or local regulations require), instructors SHOULD NOT teach diving from a diving board.

SKILLS CHART

| Learn-to-Swim Level 1: Introduction to Aquatic Skills | Learn-to-Swim Level 2: Fundamental Aquatic Skills |
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| Water Adjustment, Entry and Exit | |
| <ul style="list-style-type: none"> • Enter water using ramp, steps or side • Exit water using ladder, steps or side | <ul style="list-style-type: none"> • Enter by stepping or jumping from the side into shoulder-deep water • Exit using ladder, steps or side from chest-deep water |
| Breath Control and Submerging | |
| <ul style="list-style-type: none"> • Blow bubbles, 3 seconds • Bobbing, 5 times • Open eyes underwater and retrieve submerged objects in shallow water, 2 times | <ul style="list-style-type: none"> • Fully submerge and hold breath, 10 seconds • Bobbing, 10 times • Open eyes underwater and retrieve submerged objects in chest-deep water, 3 times • Rotary breathing, 5 times |
| Buoyancy | |
| <ul style="list-style-type: none"> • Front glide, 2 body lengths • Recover from a front glide to a vertical position • Back glide, 2 body lengths • Back float, 5 seconds • Recover from a back float or glide to a vertical position | <ul style="list-style-type: none"> • Front glide, 2 body lengths • Float in a face-down position, 10 seconds <ul style="list-style-type: none"> ○ Front float ○ Jellyfish float ○ Tuck float • Recover from a front float or glide to a vertical position • Back glide, 2 body lengths • Back float, 15 seconds • Recover from a back float or glide to a vertical position |
| Changing Direction and Position and Treading | |
| <ul style="list-style-type: none"> • Roll from front to back • Roll from back to front • Arm and hand treading actions, in chest-deep water | <ul style="list-style-type: none"> • Roll from front to back • Roll from back to front • Change direction of travel while swimming on front or back • Tread water using arm and leg actions, 15 seconds in shoulder-deep water |
| Swim on Front | |
| <p><i>All—2 body lengths</i></p> <ul style="list-style-type: none"> • Alternating leg action • Simultaneous leg action • Alternating arm action • Simultaneous arm action • Combined arm and leg actions on front | <ul style="list-style-type: none"> • Combined arm and leg actions on front, 5 body lengths |

| Learn-to-Swim Level 1: Introduction to Aquatic Skills | Learn-to-Swim Level 2: Fundamental Aquatic Skills |
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| Swim on Back | |
| <p><i>All—2 body lengths</i></p> <ul style="list-style-type: none"> • Alternating leg action • Simultaneous leg action • Alternating arm action • Simultaneous arm action • Combined arm and leg actions on back | <ul style="list-style-type: none"> • Finning arm action, 5 body lengths • Combined arm and leg actions on back, 5 body lengths |
| Water Safety | |
| <ul style="list-style-type: none"> • Staying safe around water • Recognizing the lifeguards • Don't Just Pack It, Wear Your Jacket—demonstrate • Recognizing an emergency • How to call for help—demonstrate • Too Much Sun Is No Fun | <ul style="list-style-type: none"> • Staying safe around water • Don't Just Pack It, Wear Your Jacket—demonstrate • Recognizing an emergency • How to call for help—demonstrate • Too Much Sun Is No Fun • Look Before You Leap • Think So You Don't Sink • Reach or Throw, Don't Go • The danger of drains |
| Exit Skills Assessment | |
| <ol style="list-style-type: none"> 1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 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 5 seconds, then recover to a vertical position. (This part of the assessment can be performed with assistance.) | <ol style="list-style-type: none"> 1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water. 2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. 3. 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 at least 5 body lengths. |

| Learn-to-Swim Level 3: Stroke Development | Learn-to-Swim Level 4: Stroke Improvement | Learn-to-Swim Level 5: Stroke Refinement |
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| Water Entry and Exit | | |
| <ul style="list-style-type: none"> • Enter water by jumping from the side, fully submerge, then recover to the surface and return to the side • Headfirst entry from the side in a sitting and kneeling position | <ul style="list-style-type: none"> • Headfirst entry from the side in a compact position • Headfirst entry from the side in a stride position | <ul style="list-style-type: none"> • Shallow-angle dive from the side • Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke |
| Breath Control and Submerging | | |
| <ul style="list-style-type: none"> • Bobbing while moving toward safety, 15 times • Rotary breathing, 15 times | <ul style="list-style-type: none"> • Swim underwater, 3 to 5 body lengths, without hyperventilating • Feetfirst surface dive | <ul style="list-style-type: none"> • Tuck surface dive • Pike surface dive |
| Buoyancy | | |
| <ul style="list-style-type: none"> • Survival float, 30 seconds • Back float, 1 minute | <ul style="list-style-type: none"> • Survival swimming, 1 minute | |
| Changing Direction and Position and Treading | | |
| <ul style="list-style-type: none"> • Change from vertical to horizontal position on front • Change from vertical to horizontal position on back • While in a vertical position, rotate one full turn • Tread water, 1 minute | <ul style="list-style-type: none"> • Front crawl open turn • Back crawl open turn • Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes | <ul style="list-style-type: none"> • Front flip turn while swimming • Backstroke flip turn while swimming • Tread water, 5 minutes • Tread water, using legs only, 2 minutes |
| Swim on Front | | |
| <ul style="list-style-type: none"> • Push off in a streamlined position, then begin flutter kicking, 3 to 5 body lengths • Push off in a streamlined position, then begin dolphin kicking • Front crawl, 15 yards • Breaststroke kick, 15 yards | <ul style="list-style-type: none"> • Front crawl, 25 yards • Breaststroke, 15 yards • Butterfly, 15 yards | <ul style="list-style-type: none"> • Front crawl, 50 yards • Breaststroke, 25 yards • Butterfly, 25 yards |
| Swim on Back | | |
| <ul style="list-style-type: none"> • Elementary backstroke, 15 yards | <ul style="list-style-type: none"> • Push off in a streamlined position and begin flutter kicking, 3 to 5 body lengths • Push off in a streamlined position and begin dolphin kicking, 3 to 5 body lengths • Elementary backstroke, 25 yards • Back crawl, 15 yards | <ul style="list-style-type: none"> • Elementary backstroke, 50 yards • Back crawl, 25 yards • Standard (back) scull, 30 seconds |

| Learn-to-Swim Level 3: Stroke Development | Learn-to-Swim Level 4: Stroke Improvement | Learn-to-Swim Level 5: Stroke Refinement |
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| Swim on Side | | |
| <ul style="list-style-type: none"> • Scissors kick, 15 yards | <ul style="list-style-type: none"> • Sidestroke, 15 yards | <ul style="list-style-type: none"> • Sidestroke, 25 yards |
| Water Safety | | |
| <ul style="list-style-type: none"> • Reach or Throw, Don't Go—demonstrate • Think Twice Before Going Near Cold Water or Ice • Look Before You Leap • Developing breath control safely • Making good decisions—choosing an exit point | <ul style="list-style-type: none"> • Reach or Throw, Don't Go—demonstrate <ul style="list-style-type: none"> ○ Reaching assist ○ Throwing assist • Recreational water illnesses • Think So You Don't Sink—demonstrate • Look Before You Leap | <ul style="list-style-type: none"> • How to call for help and the importance of knowing first aid and CPR • Recreational water illnesses • Reach or Throw, Don't Go—demonstrate • Look Before You Leap—demonstrate • Think So You Don't Sink • Think Twice Before Going Near Cold Water or Ice • Wave, Tide or Ride, Follow the Guide |
| Exit Skills Assessment | | |
| <ol style="list-style-type: none"> 1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. 2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water. | <ol style="list-style-type: none"> 1. Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. 2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. 3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water. | <ol style="list-style-type: none"> 1. Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout. 2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout. |