

Ages 6+ yrs.

Learn-to-Swim Curriculum

Levels 1-3

Learn-to-Swim Level 1: Beginner

*Introduction to Water Skills**

Skills

- ☐ Enter water using a ramp, steps or side
- ☐ Exit water using ladder, steps or side
- ☐ Blow bubbles for 3 seconds
- ☐ Bobbing, 5 times
- ☐ Open eyes under water and retrieve submerged objects
- ☐ Front glide and recover to a vertical position
- ☐ Back glide and recover to a vertical position
- ☐ Back float for 5 seconds
- ☐ Roll from front to back and back to front
- ☐ Treading water arm and hand actions
- ☐ Alternating and simultaneous leg and arm actions on front
- ☐ Alternating and simultaneous leg and arm actions on back
- ☐ Combined arm and leg actions on front
- ☐ Combined arm and leg actions on back

Safety Focus

- ☐ Staying safe around water
- ☐ Recognizing the lifeguards
- ☐ Don't Just Pack It, Wear Your Jacket
- ☐ Recognizing an emergency
- ☐ How to call for help
- ☐ Too Much Sun Is No Fun

Learn-to-Swim Level 2: Beginner

Fundamental Aquatic Skills

Skills

- ☐ Step or jump from the side into shoulder-deep water
- ☐ Exit water using ladder, steps or side
- ☐ Fully submerge and hold breath
- ☐ Bobbing, 10 times
- ☐ Open eyes under water and retrieve submerged objects
- ☐ Rotary breathing
- ☐ Front, jellyfish and tuck floats for 10 seconds
- ☐ Front glide and recover to a vertical position
- ☐ Back glide and recover to a vertical position
- ☐ Back float for 15 seconds
- ☐ Roll from front to back and back to front
- ☐ Tread water for 15 seconds
- ☐ Change direction of travel while swimming on front or back
- ☐ Combined arm and leg actions on front

Safety Focus

- ☐ Staying safe around water
- ☐ 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
- ☐ The danger of drains

Learn-to-Swim Level 3: Intermediate

Stroke Development

Skills

- ☐ Jump into deep water from the side, submerge, return to the surface then to the side
- ☐ Headfirst entry from the side in seated and kneeling positions
- ☐ Bobbing while moving to safety
- ☐ Rotary breathing
- ☐ Survival float for 30 seconds
- ☐ Back float for 1 minute
- ☐ Tread water for 1 minute
- ☐ Change from vertical to horizontal position on front and back
- ☐ Push off in streamlined position on front, then begin kicking
- ☐ Swim front crawl for 15 yards
- ☐ Swim elementary backstroke for 15 yards
- ☐ Flutter, scissors, breaststroke, and dolphin kicks

Safety Focus

- ☐ Reach or Throw, Don't Go
- ☐ Think Twice Before Going Near
- ☐ Cold Water or Ice
- ☐ Look Before You Leap
- ☐ Developing breath control safely
- ☐ Making good decisions—choosing an exit point

Ages 6+ yrs. Learn-to-Swim Curriculum Levels 4-6



Learn-to-Swim Level 4: Intermediate *Stroke Improvement*

Skills

- ☐ Headfirst entry in compact and stride positions
- ☐ Feet first surface dive
- ☐ Swim underwater
- ☐ Tread water, using 2 different kicks
- ☐ Survival swimming for 1 minute

Swimming

- ☐ Front crawl for 25 yards
- ☐ Elementary backstroke for 25 yards
- ☐ Breaststroke for 15 yards
- ☐ Back crawl for 15 yards
- ☐ Butterfly for 15 yards
- ☐ Sidestroke for 15 yards
- ☐ Open turns on the front and back
- ☐ Flutter and dolphin kicks on back
- ☐ Push off in streamlined position on back, then begin kicking

Safety Focus

- ☐ Reaching assist
- ☐ Throwing assist
- ☐ Recreational water illnesses
- ☐ Think So You Don't Sink
- ☐ Look Before You Leap

Learn-to-Swim Level 5: Advanced *Stroke Refinement*

Skills

- ☐ Shallow-angle dive into deep water
- ☐ Tuck surface dive
- ☐ Pike surface dive
- ☐ Tread water for 5 minutes
- ☐ Tread water, using legs only, for 2 minutes
- ☐ Sculling for 30 seconds

Swimming

- ☐ Front crawl for 50 yards
- ☐ Elementary backstroke for 50 yards
- ☐ Breaststroke for 25 yards
- ☐ Back crawl for 25 yards
- ☐ Butterfly for 25 yards
- ☐ Sidestroke for 25 yards
- ☐ Front flip turn
- ☐ Backstroke flip turn

Safety Focus

- ☐ How to call for help and the importance of knowing first aid and CPR
- ☐ Recreational water illnesses
- ☐ Reach or Throw, Don't Go
- ☐ Look Before You Leap
- ☐ Think So You Don't Sink
- ☐ Think Twice Before Going Near Cold
- ☐ Water or Ice
- ☐ Wave, Tide or Ride, Follow the Guide

Learn-to-Swim Level 6: Advanced *Advanced Options*

Skills

- ☐ Surface dive and retrieve object from the bottom, 7-10 feet deep

Swimming

- ☐ Front crawl for 100 yards
- ☐ Elementary backstroke for 100 yards
- ☐ Breaststroke for 50 yards
- ☐ Back crawl for 50 yards
- ☐ Butterfly for 50 yards
- ☐ Sidestroke for 50 yards
- ☐ Demonstrate open turns and front and back flip turns when swimming

Safety Focus

- ☐ Learn About Boating Before You
- ☐ Go Floating
- ☐ Think So You Don't Sink
- ☐ Swim as a Pair Near a Lifeguard's Chair
- ☐ Look Before You Leap
- ☐ The danger of drains
- ☐ The dangers of hyperventilation and extended breath-holding