



## EXIT SKILL LEVELS

The skills listed below are the skills swimmers must have to exit each level. Please be sure that your child has successfully completed the previous skills prior to registering for the next sequential class.

### Level 1: Introduction to Water Skills

- Enter and exit water safely
- Submerge mouth, nose and eyes for 3 seconds
- Swim on front and back using arm and leg actions
- Open eyes underwater, pick up submerged objects
- Float on front and back
- Follow basic water safety rules
- Exhale underwater through mouth and nose
- Explore arm and hand movements
- Use a lifejacket

### Level 2: Fundamental Aquatic Skills

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head
- Swim on front and back using combined strokes
- Open eyes underwater, pick up submerged objects
- Float on front and back
- Perform front and back glide
- Roll over from front to back, back to front
- Swim on side
- Tread water using arm and leg motions
- Move in the water while wearing a life jacket

### Level 3: Stroke Development

- Jump into deep water from the side
- Bob with the head fully submerged
- Submerge and retrieve an object
- Perform front and back glide
- Perform survival float
- Perform front and back crawl 15 yards
- Butterfly-kick and body motion 15 feet
- Use rotary breathing in horizontal position
- Change from horizontal to vertical position on front and back
- Dive from kneeling or standing positions
- Use Check-Call-Care in an emergency
- Perform the HELP and Huddle position
- Perform a reaching assist
- Treading water 30 seconds

### Level 4: Stroke Improvement

- Perform shallow dive or dive from stride position
- Perform open turns on front and back using any stroke
- Swim underwater
- Perform the following:
  - Front and back crawl 25 yards
  - Breaststroke 15 yards
  - Swim on side using scissors-like kick 15 yards
  - Butterfly 15 yards
  - Elementary backstroke 15 yards
  - Tread water using sculling arm motions and kick one minute
  - Perform feet-first surface dive
  - Care for conscious choking victim
  - Use safe diving rules
  - Perform a throwing assist

### Level 5: Stroke Refinement

- Tread water with two different kicks 2 minutes
- Learn survival swimming
- Perform rescue breathing
- Shallow dive, glide two body lengths and begin any front stroke
- Perform the following:
  - Standing dive
  - Tuck surface dive
  - Front crawl 50 yards
  - Butterfly 25
  - Elementary backstroke 25 yards
  - Backstroke flip turn
  - Pike surface dive
  - Breaststroke 25 yards
  - Back crawl 50 yards
  - Sidestroke 25 yards
  - Front flip turn

### Level 6: Personal Water Safety

- Tread water 5 minutes. Tread water with only legs 2 minutes
- Survival swimming 10 minutes
- Back float 5 minutes
- Perform rescue breathing
- Self-rescue techniques while clothed
- Swimming while clothed
- Basic safety rules for open water
- Perform the following:
  - Standing dive
  - Tuck surface dive
  - Front crawl 100 yards
  - Butterfly 50 yards
  - Sidestroke 50 yards
  - Elementary backstroke 50 yards
  - Backstroke flip turn
  - Breaststroke turn
  - Sidestroke open turn
  - Pike surface dive
  - Breaststroke 50 yards
  - Back crawl 100 yards
  - Front flip turn
  - Butterfly turn