

Learn to Swim

Level 1

Skills:

- _____ Enter water using ladder, steps or side
- _____ Exit water using ladder, steps or side
- _____ Blowing bubbles through mouth and nose, **3 seconds**
- _____ Bobbing, **3 times**
- _____ Opening eyes under water and retrieving submerged objects, **2 times** (in shallow water)
- _____ Front glide, **2 body lengths**
- _____ Recover from a front glide to a vertical position
- _____ Back glide, **2 body lengths**
- _____ Back float, **3 seconds**
- _____ Recover from a back float or glide to a vertical position
- _____ Roll from front to back
- _____ Roll from back to front
- _____ Treading using arm and hand actions (in chest deep water)
- _____ Alternating leg action on front, **2 body lengths**
- _____ Simultaneous leg action on front, **2 body lengths**
- _____ Alternating arm action on front, **2 body lengths**
- _____ Simultaneous arm action on front, **2 body lengths**
- _____ Combined arm and leg actions on front, **2 body lengths**
- _____ Alternating leg action on back, **2 body lengths**
- _____ Simultaneous leg action on back, **2 body lengths**
- _____ Alternating arm action on back, **2 body lengths**
- _____ Simultaneous arm action on back, **2 body lengths**
- _____ Combined arm and leg actions on back, **2 body lengths**
- _____ Jump into deep water with a lifejacket and float on back **1 minute**

Safety Topics:

- _____ Staying safe around aquatic environments
- _____ 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

Exit Skills:

- _____ Enter independently, either using the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or "swim")
- _____ Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Student Name: _____ **Date:** _____

Location: Harbor Springs Community Pool

Instructor Name: _____ **Next Level:** _____