

Level 1: Beginner

Introduction to Water Skills

Skills

- Enter the water independently, using a ladder, steps or side
- Blow bubbles
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front glide and float, and recover to a vertical position
- Back glide and float, and recover to a vertical position
- Roll from front to back and back to front
- Tread water, using 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

Exit Assessment

- Enter unassisted, travel 5 yards, bob 3 times, then safely exit the water
- Glide on front at least 2 body lengths, roll to a back float for 3 seconds, and recover to a vertical position (can be performed with support)

Safety Focus

- 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

