

Level 1 Checklist

Taught by the baby slides

Fully submerged face (3 seconds)
Bob to chin level 10 times
Supported float on front
Supported float on back
Bubble blowing
Enter & exit water independently
Move comfortably through the water
Supported kick on front
Supported kick on back
Introduction to alternating arm action
Basic water safety

Level 3 Checklist

Taught by the first basketball stand

Retrieve objects w/eyes open (no support)
Bob submerging head (15 times)
Deep water bob (10 times)
Jump into deep water
Dive from side (kneeling and compact)
Prone glide with push off
Supine glide with push off
Front crawl with side breathing (10 yards)
Back crawl (10 yards)
Elementary backstroke kick (10 yards)
Reverse direction on front
Reverse direction on back
Learn safe diving rules
Tread water
Jump with life jacket
H.E.L.P. position
Huddle position
Learn how to open airway

Level 2 Checklist

Taught at the bottom of the big slide

Fully submerged face (3 seconds)
Retrieve objects under water
Explore deep water with support
Prone glide
Supine glide
Level off from vertical position
Rhythmic breathing, 10 bobs
Enter and go to vertical position
Get out of side of pool
Flutter kick on front
Flutter kick/finning on back
Front crawl (5 yards)
Back crawl (5 yards)
Turning over front to back
Turning over back to front
Float with life jacket
Reach and extension rescues
Assist a non-swimmer to feet
Familiar with rescue breathing

Level 4 Checklist

Taught by the second basketball stand

Deep water bobs
Buoyancy and floating positions
Rotary breathing
Dive from side (stride and standing)
Elementary backstroke (10 yards)
Sculling on back (5 yards or 15 seconds)
Breast stroke kick (10 yards)
Front crawl with rotary breathing (25 yards)
Back crawl (25 yards)
Scissors kick (10 yards)
Open turns
Tread water with 3 different kicks (2 minutes)
Rescue breathing
Becoming familiar with CPR

Level 5 Checklist

Taught by the lanes the other side of slides

Alternate breathing
Standing dive from diving board
Long shallow dive
Breast stroke (10 yards)
Side stroke (10 yards)
Swim underwater (5 yards)
Elementary backstroke (25 yards)
Dolphin kick (10 yards)
Front crawl (50 yards)
Back crawl (50 yards)
Open turn on front
Open turn on back
Diving board rules
Recognition of spinal injury
Hip/shoulder support
Feet first surface dive
Tread water with 2 different kicks (2 min)

Level 7 Checklist

Taught in the deep end

Springboard dive (tuck and pike)
500 yard swim any stroke combo
Front crawl (200 yards)
Swim underwater (15 yards)
Back crawl (100 yards)
Breast stroke (50 yards)
Side stroke (50 yards)
Butterfly (25 yards)
Back stroke flip turn
In water rescue using equipment
Conditioning principles
Check heart rate
Retrieve diving brick (8-10 feet)
Review water safety skills
Tread water 5 minutes

Level 6 Checklist

Taught in the deep end

Approach and hurdle on diving board
Jump tuck from diving board
Front crawl (100 yards, 1 turn)
Back crawl (100 yards, 1 turn)
Breast stroke (25 yards)
Side stroke turn
Butterfly (10 yards)
Breast stroke turn
Side stroke turn
Speed turn and pull out for breast stroke
Flip turn
Pike surface dive
Tuck surface dive
Tread water (3 minutes, 1 minute with no hands)
Throwing assist
Roll spine injury victim face up