

### **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