

Swim Level Assessment

Preschool Level I

- Personal safety
- Water adjustment
- Blow bubbles with face in the water
- Open eyes under water
- Rhythmic breathing 4X's
- Front float with assistance
- Back float with assistance
- Back glide with assistance
- Reach and pull arm stroke head up
- Flutter kicks
- Intro to backstroke
- Retrieve objects from under water
- Deep-water exposure
- Intro to unassisted swimming
- Jump in from side and return with assistance
- Intro to Lifejacket

Exit Skills Assessment

1. Enter unassisted, move for 5 yards, bob 5 times to chin level and safely exit the water. Participants can walk, travel along the gutter or "swim")
2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

Preschool Level II

- Personal safety
- Open eyes under water
- Breath control 5 counts
- Rhythmic breathing 5X's
- Retrieve objects from under water 3X
- Front float 5 counts/end standing position
- Back float 5 counts/end standing position
- Front glide with kick 8 ft
- Reach and pull arm stroke head down
- Back glide
- Finning or sculling on back with kick 10 ft
- Backstroke
- Jellyfish float
- Tread water
- Jump in from side and return
- How to use a Lifejacket
- Basic rescue techniques

Exit Skills Assessment

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position.
2. Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

Youth Level 1

- Personal Safety
- Water Adjustment
- Rhythmic breathing 5x's
- Front Float 8 counts
- Back Float with assistance
- Front Glide with kick 10 ft.
- Arm stroke with kick 15 ft.
- Back Glide with assistance
- Intro to Backstroke
- Jump in From Side and Return with assistance
- Jellyfish Float
- Retrieve Objects from Under Water
- Basic Rescue Techniques

Youth Level 4

- Personal Safety
- Treading Water 2 minutes
- Crawl stroke 25 yards
- Elementary Backstroke 30 ft
- Backstroke 25 yards
- Intro to Breaststroke
- Standing Front Dive
- Intro to Open Turns at the Wall

Combined Skill:

- Dive into Deep Water
- Tread Water 1 minute
- Swim on Front 40 ft and Return with Backstroke
- Simulate Rescue Breathing
- Demo of CPR

Youth Level 2

- Personal Safety
- Back Float
- Front Glide with kick 15 ft
- Arm stroke with kick 20 ft.
- Back Glide
- Finning and Sculling 20 ft.
- Backstroke
- Jump in From Side and Return
- Deep Water Exposure
- Basic Rescue Techniques
- Demo of Rescue Breathing
- Intro to treading water
- Retrieve Objects from Under Water
- Intro to side breathing

Youth Level 5

- Personal Safety
- Treading Water 2 minutes
- Alternate Side Breathing
- Crawl Stroke 50 yards
- Elementary Backstroke 25 yards
- Backstroke 50 yards
- Breaststroke 25 yards
- Standing Front Dive
- Open turns at the Wall

Combined Skill:

- Stride Jump into Deep Water
- Tread Water 2 minutes
- Surface Dive to Retrieve Object
- Swim to Side Wall

Youth Level 3

- Personal Safety
- Arm stroke with kick 40 ft with Side Breathing
- Backstroke 40 ft
- Jump into Deep Water and Return to side
- Change position in deep water
- Kneeling and Compact Dives
- Treading water 30 seconds
- Retrieve Objects from Under Water
- Intro of Rescue Breathing
- Intro to Elementary Backstroke

