



**Parents,
Please use the following forms to
help determine which level your
child should be registered for.**

**If you have any questions you can
contact:**

Abbey Weber

Aquatics Coordinator

253-939-0488 x. 103

or by email at

aweber@campberachah.org

Thank You!

Abbey



Parent/Infant 1 (Ages 6 Months – 12 Months)

- ✦ **Getting Wet**
- ✦ **Exploring the Pool**
 - ✦ **Cues**
- ✦ **Sliding & Jumping In**
 - ✦ **Front Float**
 - ✦ **Back Float**
- ✦ **Front Glide w/ Kick & Support**
- ✦ **Back Glide From Wall w/Assistance**
 - ✦ **Kicking On Front**
 - ✦ **Kicking On Back**
 - ✦ **Reaching & Grabbing**
- ✦ **Humming w/ Mouth in Water**
 - ✦ **Blowing Bubbles**
- ✦ **Underwater Exploration/Submerging**
 - ✦ **Rolling Back to Front**
 - ✦ **Rolling Front to Back**
 - ✦ **Choosing A Lifejacket**
 - ✦ **Using A Lifejacket**
 - ✦ **Lifting Out of Water**



Parent/Toddler 1 (Ages 1 Year – 3 Years)

- ✦ **Getting Wet**
- ✦ **Exploring the Pool**
 - ✦ **Water Entry**
 - ✦ **Cues**
 - ✦ **Front Float**
 - ✦ **Front Glide w/ Kick & Support**
- ✦ **Reach & Pull Armstroke w/ Support**
 - ✦ **Reach & Pull Kick w/ Support**
 - ✦ **Back Float**
- ✦ **Back Glide From Wall w/Assistance**
 - ✦ **Humming w/ Mouth in Water**
 - ✦ **Blowing Bubbles**
 - ✦ **Underwater Exploration**
 - ✦ **Rolling Back to Front**
 - ✦ **Rolling Front to Back**
 - ✦ **Choosing A Lifejacket**
 - ✦ **Using A Lifejacket**
 - ✦ **Lifting Out of Water**
- ✦ **Using Side of Pool & Steps**



Parent/Toddler 2 (Ages 1 Year – 3 Years)

- ✦ **Getting Wet**
- ✦ **Exploring the Pool**
- ✦ **Water Entry**
- ✦ **Cues**
- ✦ **Opening Eyes Under Water**
- ✦ **Sitting Jump & Return to Side**
- ✦ **Standing Jump & Return to Side**
- ✦ **Front Float**
- ✦ **Front Glide w/ Kick & Support**
- ✦ **Reach & Pull Armstroke w/ Support**
- ✦ **Reach & Pull Kick w/ Support**
- ✦ **Reach & Pulls**
- ✦ **Swim On Front 3 ft**
- ✦ **Back Float**
- ✦ **Back Glide From Wall w/Assistance**
- ✦ **Leg Action on Back**
- ✦ **Arm Action on Back**
- ✦ **Backstroke**
- ✦ **Swim on Back 3 ft**
- ✦ **Blowing Bubbles**
- ✦ **Rolling Back to Front**
- ✦ **Rolling Front to Back**
- ✦ **Choosing A Lifejacket**
- ✦ **Using A Lifejacket**
- ✦ **Basic Safety Rules**
- ✦ **Lifting Out of Water**
- ✦ **Using Side of Pool & Steps**
- ✦ **Using A Ladder**

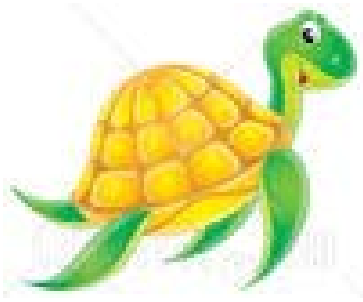


Preschool 1

- ✦ **Personal Safety**
- ✦ **Water Adjustment**
- ✦ **Blow Bubbles W/Face in Water**
 - ✦ **Open Eyes Under Water**
 - ✦ **Breath Control 6 Counts**
 - ✦ **Front Float w/ Assistance**
 - ✦ **Front Glide w/ Assistance**
 - ✦ **Front Glide 3 ft**
 - ✦ **Back Float w/ Assistance**
 - ✦ **Back Glide w/ Assistance**
- ✦ **Reach & Pull Armstroke w/ Head Up**
 - ✦ **Flutter Kicks On Front & Back**
 - ✦ **Deep Water Exposure**
 - ✦ **Intro to Unassisted Swimming**
- ✦ **Jump in From Side & Return w/ Assistance**

Preschool 1 Exit Skills

- 1. Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water.**
- 2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.**

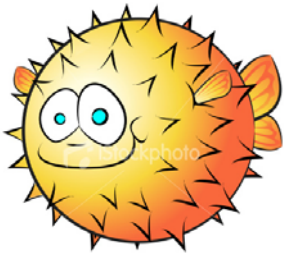


Preschool 2

- ✦ **Personal Safety**
- ✦ **Open Eyes Under Water**
- ✦ **Breath Control 6 Counts**
- ✦ **Retrieve Objects from Underwater 3X**
- ✦ **Front Float 10 Counts, End Standing**
 - ✦ **Front Glide w/ Kick 8 ft**
- ✦ **Back Float 5 Counts, End Standing**
 - ✦ **Back Glide w/ Assistance 6 ft**
 - ✦ **Back Glide w/Kick 8 ft**
- ✦ **Reach & Pull Armstroke w/ Head Down**
- ✦ **Finning & Sculling on Back w/Kick 10ft**
 - ✦ **Intro to Backstroke**
 - ✦ **Jellyfish Float**
 - ✦ **Tread Water**
- ✦ **Jump in From Side & Return**
 - ✦ **How to Use a Lifejacket**
 - ✦ **Basic Rescue Techniques**

Preschool 2 Exit Skills

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



Preschool 3

- ✦ **Personal Safety**
- ✦ **Back Float 10 sec**
- ✦ **Front Glide w/ Kick 10ft**
- ✦ **Reach & Pulls w/Kick & Breathing 30ft**
 - ✦ **Back Glide w/ Kick 8ft**
 - ✦ **Lifejacket Survival Skills**
 - ✦ **Basic Rescue Techniques**
 - ✦ **Float in Lifejacket 1 min**
 - ✦ **Intro to Treading Water**
- ✦ **Retrieve Objects From Bottom of Pool**
 - ✦ **Intro to Side Breathing 10x**
 - ✦ **Swim on Back 30ft**



Preschool 4

- ✦ **Personal Safety**
- ✦ **Alternate Side Breathing w/ Support 40ft**
 - ✦ **Deep Water Floating & Swimming**
 - ✦ **Treading Water 30 Sec**
 - ✦ **Front Glide w/ Kick 20 ft**
 - ✦ **Crawl Stroke 45ft**
 - ✦ **Backstroke 30ft**
 - ✦ **Elementary Backstroke 30ft**
 - ✦ **Back Glide w/ Kick 20ft**
 - ✦ **Sculling on Back w/Kick 45ft**
 - ✦ **Intro to Sidestroke Kick**
 - ✦ **Kneeling & Compact Dives**
- ✦ **Combined Skill: Jump or Dive into Deep Water, Swim on Front 20ft, Return on Back**



Preschool 5

- ✦ **Personal Safety**
- ✦ **Alternate Side Breathing 25yds**
 - ✦ **Back Float 30 Sec**
 - ✦ **Treading Water 1 Min**
 - ✦ **Crawl Stroke 25yds**
 - ✦ **Backstroke 45ft**
- ✦ **Elementary Backstroke 45ft**
 - ✦ **Breaststroke Kick 45ft**
 - ✦ **Sidestroke Kick 45ft**
 - ✦ **Intro to Butterfly**
 - ✦ **Standing Dive**
- ✦ **Dive in & Swim Underwater 10ft**
 - ✦ **Intro to Open Turns at Wall**
 - ✦ **Basic Rescue Techniques**
- ✦ **Combined Skill: Dive into Deep Water, Tread Water 1 Min, Swim on Front 40ft, Return on Back**



Youth Level 1

- ✦ **Personal Safety**
- ✦ **Water Adjustment**
- ✦ **Front Float 8 Counts**
- ✦ **Back Float w/ Assistance**
- ✦ **Front Glide w/ Kick 10ft**
- ✦ **Crawl Stroke w/ Kick 15ft**
- ✦ **Back Glide w/ Assistance 10ft**
 - ✦ **Intro to Backstroke**
- ✦ **Jump in From Side & Return w/ Assistance**
 - ✦ **Jellyfish Float**
- ✦ **Basic Rescue Techniques**

Youth Level 2



- ✦ **Personal Safety**
 - ✦ **Back Float**
- ✦ **Front Glide w/ Kick 20ft**
- ✦ **Crawl Stroke w/ Kick 20 ft**
 - ✦ **Back Glide**
- ✦ **Finning & Sculling 20 ft**
 - ✦ **Intro to Backstroke**
- ✦ **Jump In From Side & Return**
 - ✦ **Deep Water Exposure**
 - ✦ **Basic Rescue Techniques**
 - ✦ **Demo of Rescue Breathing**
 - ✦ **Intro to Treading Water**
- ✦ **Retrieve Objects from Bottom of Pool**
 - ✦ **Intro to Side Breathing 10x**
 - ✦ **Float in Lifejacket – 1 minute**



Youth Level 3

- ✦ Personal Safety
- ✦ Crawl Stroke w/ Kick & Side Breathing 45ft
 - ✦ Back Glide w/ Kick 30 ft
 - ✦ Back Stroke 30ft
- ✦ Jump in Deep Water & Return to Side
- ✦ Change Positions in Shallow & Deep Water
 - ✦ Kneeling & Compact Dives
 - ✦ Treading Water 30 Seconds
- ✦ Retrieve Objects From Bottom of Pool
 - ✦ Intro to Rescue Breathing
 - ✦ Intro to Elementary Backstroke
- ✦ Rotary Rhythmic Breathing w/ Support 40ft
 - ✦ Bobbing to Safety in 4 ft

Youth Level 4

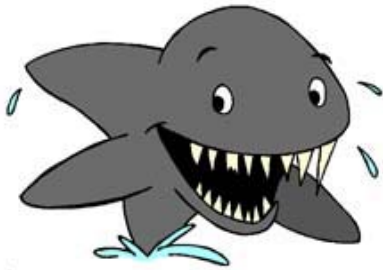


- ✦ Personal Safety
- ✦ Treading Water 2 Minutes
 - ✦ Crawl Stroke 25 yds
 - ✦ Elementary Backstroke 30 ft
 - ✦ Backstroke 25 yds
 - ✦ Breaststroke Kick 30ft
 - ✦ Standing Front Dive
- ✦ Intro to Open Turns at Wall
 - ✦ Bobbing in Deep Water
- ✦ Sculling on Back w/out Kick 15 ft
 - ✦ Sidestroke Kick 30 ft
- ✦ Simulate Rescue Breathing
 - ✦ Demo of CPR
- Combined Skill:
 - ✦ Dive into Deep Water
 - ✦ Tread Water 1 Min
- ✦ Swim on Front 40 ft and Return with Backstroke



Youth Level 5

- ✦ **Personal Safety**
- ✦ **Treading Water 2 min**
- ✦ **Alternate Side Breathing**
 - ✦ **Crawl Stroke 50 yds**
- ✦ **Elementary Backstroke 25 yds**
 - ✦ **Backstroke 50 yds**
 - ✦ **Breaststroke 25 yds**
- ✦ **Standing Front Dive off Diving Board**
 - ✦ **Open Turns at Wall**
 - ✦ **Sidestroke 30ft**
 - ✦ **Intro to Butterfly**
 - ✦ **Butterfly Kick 30ft**
 - ✦ **Stride Jump**
 - ✦ **Feet First Surface Dive**
 - ✦ **Long Shallow Dive**
 - ✦ **Swim Underwater 15ft**
- ✦ **Intro to Spinal Injury Management**
 - Combined Skill:**
 - ✦ **Stride Jump into Deep Water**
 - ✦ **Tread Water 2 Minutes**
- ✦ **Feet First Surface Dive to Retrieve Object in Deep Water**
 - ✦ **Swim Underwater 5 ft**
 - ✦ **Swim to Side Wall**



Youth Level 6

- ✦ **Personal Safety**
- ✦ **Swim Underwater 30 ft**
- ✦ **Crawl Stroke 100 yds**
- ✦ **High Head Crawl 25 yds**
 - ✦ **Backstroke 100 yds**
 - ✦ **Breaststroke 100 yds**
 - ✦ **Sidestroke 25 yds**
 - ✦ **Butterfly 30 ft**
- ✦ **300 yd Non-Stop Swim**
 - ✦ **Approach Stroke**
 - ✦ **Sidestroke Turn**
 - ✦ **Breaststroke Turn**
 - ✦ **Flip Turn**
- ✦ **Standing Front Shallow Dive into Crawl Stroke**
 - ✦ **Treading Water 5 min (1 Min w/out Hands)**
 - ✦ **Tuck Surface Dive**
 - ✦ **Pike Surface Dive**
 - ✦ **Springboard Jump/Tuck Dive**
- ✦ **Forward Springboard Dive: Moving Start, Approach, Hurdle**
 - ✦ **Spinal Injury Turn**
 - ✦ **Rescue Breathing**
 - ✦ **CPR Review**
- ✦ **Lifeguard Rescue Skills: Active/Passive Victims**