# Learn-to-Swim Course Fact Sheet

## Learn-to-Swim Level 1: Introduction to Aquatic Skills

### Water Adjustment, Entry and Exit
- Enter water using ramp, steps or side
- Exit water using ladder, steps or side

## Learn-to-Swim Level 2: Fundamental Aquatic Skills

### Water Adjustment, Entry and Exit
- Enter by stepping or jumping from the side into shoulder-deep water
- Exit using ladder, steps or side from chest-deep water

### Breath Control and Submerging
- Blow bubbles, 3 seconds
- Bobbing, 5 times
- Open eyes underwater and retrieve submerged objects in shallow water, 2 times
- Fully submerge and hold breath, 10 seconds
- Bobbing, 10 times
- Open eyes underwater and retrieve submerged objects in chest-deep water, 3 times
- Rotary breathing, 5 times

### Buoyancy
- Front glide, 2 body lengths
- Recover from a front glide to a vertical position
- Back glide, 2 body lengths
- Back float, 5 seconds
- Recover from a back float or glide to a vertical position
- Front glide, 2 body lengths
- Float in a face-down position, 10 seconds
  - Front float
  - Jellyfish float
  - Tuck float
- Recover from a front float or glide to a vertical position
- Back glide, 2 body lengths
- Back float, 15 seconds
- Recover from a back float or glide to a vertical position

### Changing Direction and Position and Treading
- Roll from front to back
- Roll from back to front
- Arm and hand treading actions, in chest-deep water
- Roll from front to back
- Roll from back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions, 15 seconds in shoulder-deep water

## Swim on Front

**All—2 body lengths**
- Alternating leg action
- Simultaneous leg action
- Alternating arm action
- Simultaneous arm action
- Combined arm and leg actions on front

**Combined arm and leg actions on front, 5 body lengths**
# Learn-to-Swim Course Fact Sheet

## Learn-to-Swim Level 1: Introduction to Aquatic Skills

**Swim on Back**

<table>
<thead>
<tr>
<th>All—2 body lengths</th>
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</thead>
<tbody>
<tr>
<td>• Alternating leg action</td>
<td>• Finning arm action, 5 body lengths</td>
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<tr>
<td>• Simultaneous leg action</td>
<td>• Combined arm and leg actions on back, 5 body lengths</td>
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</tbody>
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## Water Safety

<p>| | |</p>
<table>
<thead>
<tr>
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<tbody>
<tr>
<td>• Staying safe around water</td>
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<tr>
<td>• Recognizing the lifeguards</td>
<td>• Don’t Just Pack It, Wear Your Jacket—demonstrate</td>
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<td>• Recognizing an emergency</td>
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<td>• How to call for help—demonstrate</td>
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<td>• Too Much Sun Is No Fun</td>
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<td>• Look Before You Leap</td>
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<td></td>
<td>• Think So You Don’t Sink</td>
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<td>• Reach or Throw, Don’t Go</td>
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<td></td>
<td>• The danger of drains</td>
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</tbody>
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## Exit Skills Assessment

1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or “swim.”)

2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. (This part of the assessment can be performed with assistance.)

3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.