



Learn-to-Swim Course Fact Sheet

Learn-to-Swim Level 1: Introduction to Aquatic Skills	Learn-to-Swim Level 2: Fundamental Aquatic Skills
Water Adjustment, Entry and Exit	
<ul style="list-style-type: none"> • Enter water using ramp, steps or side • Exit water using ladder, steps or side 	<ul style="list-style-type: none"> • 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	
<ul style="list-style-type: none"> • Blow bubbles, 3 seconds • Bobbing, 5 times • Open eyes underwater and retrieve submerged objects in shallow water, 2 times 	<ul style="list-style-type: none"> • 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	
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Front glide, 2 body lengths • Float in a face-down position, 10 seconds <ul style="list-style-type: none"> ○ 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	
<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front • Arm and hand treading actions, in chest-deep water 	<ul style="list-style-type: none"> • 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	
<p><i>All—2 body lengths</i></p> <ul style="list-style-type: none"> • Alternating leg action • Simultaneous leg action • Alternating arm action • Simultaneous arm action • Combined arm and leg actions on front 	<ul style="list-style-type: none"> • Combined arm and leg actions on front, 5 body lengths



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Swim on Back	
<p><i>All—2 body lengths</i></p> <ul style="list-style-type: none"> • Alternating leg action • Simultaneous leg action • Alternating arm action • Simultaneous arm action • Combined arm and leg actions on front 	<ul style="list-style-type: none"> • Finning arm action, 5 body lengths • Combined arm and leg actions on back, 5 body lengths
Water Safety	
<ul style="list-style-type: none"> • Staying safe around water • Recognizing the lifeguards • Don't Just Pack It, Wear Your Jacket—demonstrate • Recognizing an emergency • How to call for help—demonstrate • Too Much Sun Is No Fun 	<ul style="list-style-type: none"> • Staying safe around water • Don't Just Pack It, Wear Your Jacket—demonstrate • Recognizing an emergency • How to call for help—demonstrate • Too Much Sun Is No Fun • Look Before You Leap • Think So You Don't Sink • Reach or Throw, Don't Go • The danger of drains
Exit Skills Assessment	
<ol style="list-style-type: none"> 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.) 	<ol style="list-style-type: none"> 1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water. 2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. 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.