

# LEVEL 1



## CURRENT SKILLS:

- Non-swimmer or early beginner
- Little to no forward movement
- Not yet confident about swimming or in the water in general
- Still learning basic stroke techniques

## GOALS:

Confidence and comfort in the water, basics of swimming & water safety knowledge.

## SKILLS TO LEARN:

- Enters & exits water unassisted.
- Blows bubbles with mouth and nose.
- Submerges & blows bubbles.
- Bobs 3 times in a rhythmic pattern.
- Front & back float unassisted for 5 seconds.
- Jumping into shallow water and then swimming to assigned location.
- Moves through water comfortably.
- Begins kicking/moving arms to swim (e.g. 'Doggy Paddle').

# LEVEL 2



## CURRENT SKILLS:

- Some forward movement
- May put feet down several times while completing Swim Quest
- Gets tired easily – still working on swimming longer distances
- Has an understanding of Freestyle, Breaststroke, and Backstroke.

## GOALS:

Development of swim skills, confidence & comfort with unassisted swimming.

## SKILLS TO LEARN:

- Submerges for around 10–15 seconds.
- Treading water for around 15–20 seconds.
- Sustained back and front floats (unassisted) with different kicks.
- Jumps into deeper water and swims approx. 4 body lengths.
- Front Crawl, Elementary Backstroke, Breaststroke – swim half the length of pool.
- Comfort and ease in picking up objects from bottom of pool.

# LEVEL 3



## CURRENT SKILLS:

- A much wider range of capabilities.
- Can easily complete the 4 lengths required with little to no problems.
- Can swim with face in the water.
- Has more developed understanding of Freestyle, Breaststroke, and Backstroke.

## GOALS:

Improve stroke & breathing techniques, diving skills and learn basic water life-saving skills .

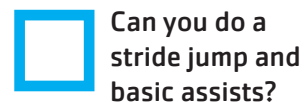
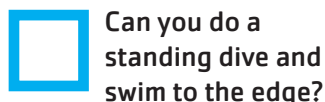
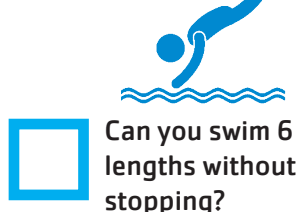
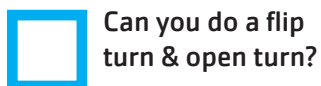
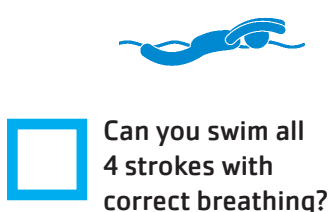
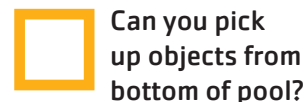
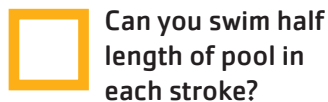
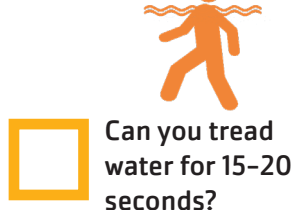
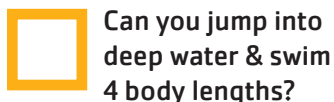
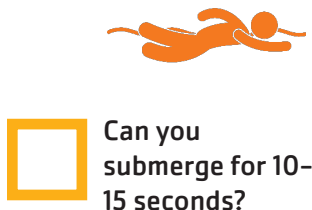
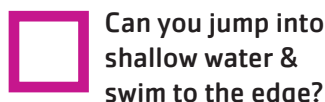
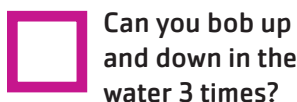
## SKILLS TO LEARN:

- Improval of stroke and turn techniques in Freestyle, Breaststroke, Backstroke & Butterfly.
- Improval and understanding of breathing techniques & stamina with each stroke.
- Diving techniques – surface dives, sitting/kneeling/standing dive, use of diving board.
- Life-saving skills – swivel entry, stride jump, throwing assists, reaching assists, survival float/swim techniques.

# SWIM BASICS & STROKES

IF YOU CHECK OFF ALL THE BOXES IN A COLOR, MOVE TO THE NEXT LEVEL!

YOU WILL HAVE THE OPPORTUNITY TO 'RE-QUEST' AT THE END OF EACH WEEK TO SEE IF YOU CAN MOVE UP A LEVEL.



CHECKED ALL THE BOXES? KEEP PRACTICING AND YOU CAN TAKE THE RED CROSS LIFEGUARD COURSE AS A LEAD!