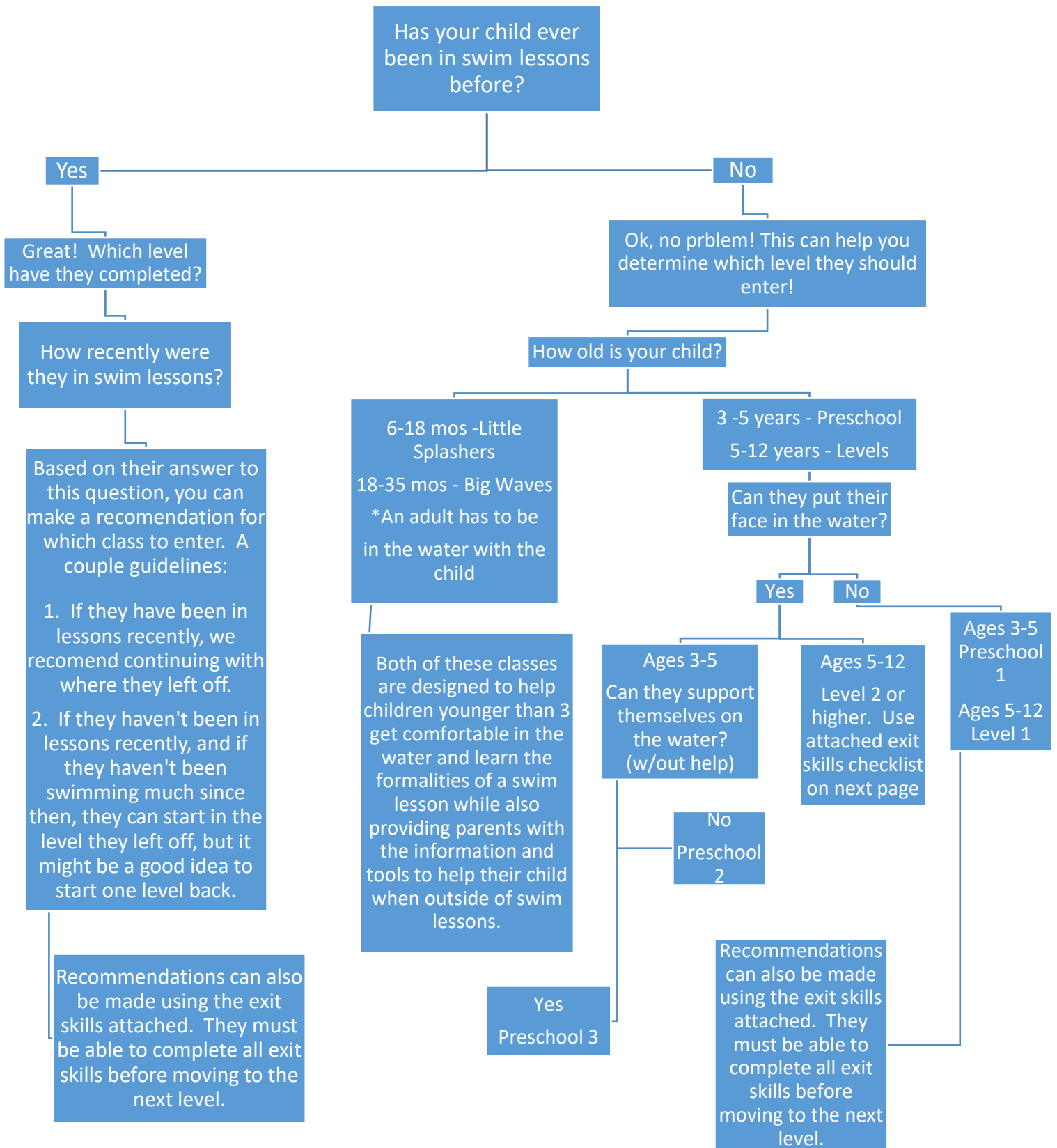


# Swim Lesson Flow Chart



## EXIT SKILLS CHECKLIST

**Participant must be able to successfully complete the following tasks to move onto the next level.**

### Preschool 1

1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water. (Children can walk, move along the gutter or “swim.”)
2. While in shallow water, glide on front for at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position. *(This part of the assessment can be performed with assistance.)*

### Preschool 2

1. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.  
2. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.
2. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for 3 body lengths.

### Preschool 3

1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 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 front, then continue swimming for 5 body lengths.

### Level 1

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 and recover to a vertical position. *(This part of the assessment can be performed with assistance.)*

### Level 2

1. Step from 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 5 body lengths.

### Level 3

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
2. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

### Level 4

1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

### Level 5

1. Perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout.
2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.