



# Course: Learn to Swim Level 1: Introduction to Water Skills

## **Purpose**

To begin developing positive attitudes, good swimming habits and safe practices in and around the water

## **Prerequisites**

None - Participants start at about 6 years of age.

## **Learning Objectives**

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety

## **Length**

No minimum number of hours suggested

## **Instructor**

Currently authorized Water Safety (r.09) instructor

## **Certification Requirements**

- Demonstrate competency in all required skills and activities, including in-water skills
- Successfully complete the following exit skills assessment:
  1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 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 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

## **Certificate Issued and Validity Period**

Learn-to-Swim Level 1: Introduction to Water Skills – No validity period

## **Participant Materials**

*Raffy Learns to Swim* (StayWell Stock No. 651317) (Recommended, but not required)