CL1 COMFORT LEVEL 1: STARFISH

1. **Pool Expectations**
	* Shower & wait for instructor before entering water
	* Listen and follow instructions
	* Walk on the pool deck
	* Ask (and receive) permission before you swim
2. **Entry & Exit**
	* Demonstrate to students the pools’ various depths
	* Slide in entry & walk in entry
	* Exit from side with support & walk out
3. **Blow Bubbles**
	* Exhale through mouth or nose into water
4. **Rhythmic Breathing**
	* 3 consecutive bobs
5. **Front Glide with support**
	* Relaxed body, horizontal positioning, face fully submerged
6. **Front Float & Recover with support : 3 seconds**
	* Relaxed body, horizontal positioning, and face fully submerged
	* **Practice Skill**
		1. Horizontal with assistance & equipment to vertical
7. **Introduction Kicking on Front with support**
	* Up, Down kicks:
	Kick from hips, horizontal positioning, moving through the water
8. **Back Float with support : 3 seconds**
	* Relaxed body, horizontal positioning, and ears in the water.
	* **Practice Skill**
		1. Back Float with assistance & equipment
9. **Intro Kicking on Back with support**
	* Up, Down Kicks:
	Kick from hips, ears in the water, moving through the water
	* Circle Kicks:
	feet drop down, spread out, kick around in a circle while seated
10. **Introduction to Arm Movements : Stationary**
	* Right, Left Arms
	Alternating arms reach out front, and pull back towards the body
	* Tickle, T, Push arms
	Arms should move in an up, out, and down motion
11. **Jump in with support**

Feet first and face forward

1. **Personal Floatation Devices (PFD, lifejackets)**
	* Show Proper Fit
	* Walking around pool deck
	* Safely enter the water
	* Right, Left arms wearing PFD with assistance
		1. Relax body position, feet should not touch bottom of the pool
	* Jump in with assistance wearing PFD
		1. Feet first and face forward
		2. Assisted recovery
2. **Cold Emergency- Dry off**
* Explain importance of drying off after being in the water

SL2 SAFETY LEVEL 2: DOLLY

1. **Pool Expectations**
	* Shower & Wait for instructor before entering water
	* Listen and follow instructions: teacher and lifeguards
	* Play Safely
2. **Entry & Exit**
	* Enter from side independently: sit down, roll to belly, slide in
	* Exit from shallow water with assistance
3. **Rhythmic Breathing**
	* 5 consecutive bobs with rhythmic breathing (blow bubbles when fully submerged, through mouth & nose).
4. **Front Float & Recover with assistance : 3 seconds**
	* Relaxed body, horizontal, face fully submerged.
	* **Practice Skill**
		1. Front float with equipment
		2. Front Float with support, roll to back
5. **Front Glide and Recover with assistance**
	* Streamline arms with face fully submerged
6. **Front Glide with up, down kicks with support**
	* Kick from hips, face in the water
	* Traveling through water
7. **Intro to Right, Left Swim with support**
	* Alternately reach and pull with above water recovery.
	* Up, Down Kicks
8. **Intro to Circle arms**
9. **Introduction to Circle Kicks on Front**
	* Practice stationary, at wall or stairs
	* Symmetrically kick both legs up, out, and around in a circular motion
10. **Back Float with assistance : 3 Seconds**
	* Relaxed body, horizontal positioning, and ears in the water.
	* Unassisted recovery, instructor may assist with starting.
	* **Practice Skill**
		1. Back float with equipment
11. **Back Push and Glide**
	* Arm down by the side, with ears in the water.
	* With Assistance
12. **Circle kicks on back**
	* Traveling with assistance
13. **Up, Down Kicks on Back with assistance**
	* Traveling through the water
	* Kick from hips, ears in the water.
14. **Tickle, T, Push Arms with up, down kick with assistance**
	* Start with a back push and glide.
	* Light kicks, emphasis on arm for movement.
	* Kick with legs nearly straight
15. **Jump in**
	* Feet first, face forward, and recover without assistance.
16. **Personal Floatation Device (PFD, Lifejackets)**
	* **Floating on back with lifejacket :** assisted recovery
		1. Relaxed body, horizontal positioning, and ears in the water
	* **Jump in lifejacket : unassisted**
		1. Feet first, face forward, and recover
	* **Floating on front with lifejacket and assistance**
		1. Relaxed prone body positioning
	* **Introduction to up, down kicks on back with lifejacket**
		1. Relaxed supine body positioning, ears in the water
		2. Traveling through the water
		3. Kick from hips, ears in the water
17. **Call for help**
	* Know when to call for help
	* Look for lifeguard

SL3 SAFETY LEVEL 3: SALMON

1. **Pool Expectations: Review each day as needed**
	* Shower & Wait for instructor before entering water
	* Listen and follow instructions
	* Go down the slides feet first
	* Do not sit or climb on the walls
2. **Entry & Exit**
	* Exit unassisted in shallow water
	* Exit in deep water with assistance
3. **Front/Back Float Rollover**
	* Front to back and back to front
	* Floats on front/back for 3 seconds then rollover
4. **Front Glide with kick and recover : unassisted, 3 BL**
	* Front glide, then kick from hips in a streamline, horizontal position
	* **Practice Skill**
		1. Front glide, unassisted start and unassisted recovery
		2. Kick with equipment
5. **Side breathing**
	* In prone position, exhale bubbles with the face submerged and inhale to the side 3 times consecutively.
	* Roll chin to shoulder with no head lift.
6. **Right, Left Swim**
	* Front push and glide, add up/down, add R/L arms.
	* Horizontal body position
	* Coordinated arm and leg movements
	* Arms recovery above water
	* Kick from hips
	* Assistance with breath
7. **Intro to Same Time Swim on Front with support**
	* Combine circle arms and circle kicks
8. **Underwater Swim**
9. **Back Glide : unassisted, 2-3 BL**
	* Relaxed body, horizontal positioning, ears in water
	* Unassisted start and unassisted recovery
10. **Tickle, T, Push Arms with up, down kick**
	* Start with a back push and glide.
	* Light kicks, emphasis on arm for movement.
	* Kick with legs nearly straight
11. **Circle Kick on back with assistance**
	* Symmetrically kick both legs down, out, and around in a circular motion
	* Knees should not break surface
	* Kick should be effective and propulsive
12. **Intro to Same time swim on back with support**
	* Tickle, T, Push arms with circle kicks
13. **Introduction to Treading Water (shallow water)**
	* Demonstrates Sculling – Pressure on palms in both directions
	* Vertical body position, standing
14. **Bobs to Safety**
	* In chest deep water
15. **Safety Swim from Deep Water**
	* Jump in feet first, facing forward; recover on back, Tickle, T, Push arms with flutter kick to safety
16. **Personal Floatation Device (PFD, Lifejackets)**
	* **Front/Back Float Rollover with lifejacket**
		1. Front to back and back to front.
		2. Floats on front/back for 3 seconds then rollover.
	* **Paddle on Front with lifejacket 5 yards**
	* **Tickle, T, Push Arms with Up, Down kicks and lifejacket**
		1. Light flutter kick, emphasis on arm for movement.
		2. Kick with legs nearly straight.
	* **Jump into lap pool with lifejacket**
		1. Jump in feet first, facing forward; recover on back, Tickle, T, Push arms with Up, Down kicks to safety
17. **Call for help**
	* Know when to call for help
	* Look for lifeguard
18. **Reach or Throw**

SL4 STROKE LEVEL 4: PORPOISE

1. **Pool Expectations: Review each day as needed**
	* Shower & Wait for instructor before entering water
	* Listen and follow instructions
	* Play safely
	* No food on the pool deck
	* Feet first only into shallow water
	* How tall do you have to be for the green and blue slides?
2. **Exit Entry**
	* Exit deep water unassisted
3. **Push and Glide with Kick then rollover**
	* Back push and glide, add kick for 2 body lengths, rollover, kick in streamline position on front to safety.
	* Front push and glide, add kick for 2 body lengths, rollover, same time swim on back to safety
	* Total Distance should be 4-5 body lengths
4. **Refine Side Breathing**
	* In horizontal position, exhale bubbles with face submerged and inhale to the side 6 times consecutively.
	* Roll chin to shoulder with no head lift; head and shoulder rotate together with a shoulder lift.
5. **Right, Left Swim : 3 body lengths**
	* Front push and glide, add Up, Down kicks, add arms.
	* Horizontal body position
	* Coordinated arm and leg movements
	* Full reach and pull, Arms recovery above water
	* Continuous Up, Down kicks from hip with pointed toes
	* Take side breath, face back in and continue
6. **Intro to Scissor Kick with support**
7. **Same Time Swim on Back: 5 BL**
	* Arms and kick finish together followed by a 3 second glide.
	* Arms should move in an up, out, and down motion.
	* Symmetrically kick both legs down, out, and around in a circular motion
8. **Same Time Swim on Front with assistance**
	* Coordinated movements
	* Focus on moving forward towards safety.
	* Assist with breathing as needed
9. **Introduction to Treading Water (deep water)**
	* Demonstrate Sculling – Pressure on palms in both directions
	* Vertical body position
	* Any kick is acceptable, circle kick is preferred
10. **Bobs to safety**
	* Deep water bobbing to safety
11. **Diving from the deck**
	* Sitting dive
	* Kneeling dive
12. **Safety Swim from Deep Water: 5+ Body Lengths**
	* Jump in deep water & do skill #3
13. **Jump from the blocks**
	* Jump in and recover without fear
14. **Personal Floatation Device (PFD, Lifejackets)**
	* **Introduce Same Time Swim on Back with lifejacket**
		1. Arms and kick finish together followed by a 3 second glide.
		2. Arms should move in an up, out, and down motion.
		3. Symmetrically kick both legs down, out, and around in a circular motion.
	* **Jump into Deep Water with Lifejacket**
		1. Jump in feet first, facing forward; recover on back, Same Time swim to safety
	* **Help/Huddle with Lifejacket**
		1. Go over the H.E.L.P. and huddle positions in deep water.
15. **Cold Emergency**
	* Give an overview of cold related emergencies

EL5 EXIT LEVEL 5: SQUIDY’S

1. **Pool Expectations**
	* Diving Board Safety
2. **Entry & Exit**
	* **Exit with clothes on with assistance**
3. **Right, Left Swim**
	* 5-8 body lengths
	* Body position:
		1. Near horizontal body positioning
		2. Body roll evident
		3. Head remains still, when not breathing
	* Arms
		1. Near full reach and pull
		2. Above water recovery
	* Kick
		1. Continuous up down kicks from hips
		2. Straight legs for efficiency
	* Breathing
		1. Exhale under water
		2. Inhale from side
		3. No forward head lift
	* Coordination
		1. Demonstrate arm/breath coordination
4. **Head High swim: 3 BL**
	* Right left swim with face out
	* Same time Swim on front with face out
5. **Same Time Swim on Front: 5-8 BL**
	* Coordinated movements
	* Focus on moving forward towards safety.
	* Pull, \*breath, kick, glide
	* Breath not required every stroke but breathe to the front when needed
6. **Back Push and Glide with Up Down Kick**
	* Half pool in body lengths
	* Near horizontal body position
	* Kicks supportive and propulsive
	* Arms at side, emphasis on kick
7. **Same Time Swim on Back : 5-8 BL**
	* Body position:
		1. Chest and hips must be near surface
	* Arms:
		1. Arms move in an up, out, and down motion
		2. Arms reach no higher than shoulder level
	* Kick:
		1. Symmetrically kick both legs down, out, and around in a circular motion
		2. Knees do not break the surface
		3. Feet turn out
	* Coordination:
		1. Arms and legs move simultaneously followed by a 3 second glide
8. **Safety Swim from Deep Water 25 yards**
	* Jump in deep water, swim on front then on back to safety
9. **Underwater Swim**
	* Dolphin kick, up, down kick
10. **Survival Stroke**
	* Press down with hands, scissor kick to assist breath
11. **Treading Water**
	* 45 seconds
	* Turn 360 degrees
	* Keep mouth above the surface of the water while in a sitting or vertical position
12. **HELP Position (PFD)**
	* H.E.L.P. - Heat Escape Lessening Position
	* Explain how body heat is preserved when this safety technique is used
13. **Huddle Position (PFD)**
	* Form a circle in the water while wearing lifejackets
	* Explain how body heat is preserved when this safety technique is used
14. **Release Cramp**
	* Flex foot and massage
15. **Diving from Deck**
	* Stride dive
	* Compact dive
	* Long shallow dive
16. **Jump from Diving Board**
	* Jump feet first without fear and recover
17. **Clothing Swim**