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**