

# Learn-to-Swim – Level 1

## Skill Chart

### Water Adjustment, Entry and Exit

- Enter water using ladder, steps or side
- Exit water using ladder, steps or side

### Breath Control and Submerging

- Blowing bubbles through mouth and nose, 3 seconds
- Bobbing, 3 times
- Open eyes under water and retrieve submerged objects, 2 times, in shallow water

### Buoyancy on Front

- Front glide, 2 body lengths
- Recover from a front float or glide to a vertical position

### Buoyancy on Back

- Back glide, 2 body lengths
- Back float, 3 seconds
- Recover from a back float or glide to a vertical position

### Changing Direction and Position and Treading

- Roll from front to back
- Roll from back to front

### Swim on Front and Back

All – 2 body lengths

- Alternating leg action
- Simultaneous leg action
- Alternating arm action
- Simultaneous arm action
- Combined arm and leg actions on front and back

