

Entry & Exit Skills – Group Swim Lessons

Learn To Swim Level 1

- Exit Skill 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, travel along the gutter or “swim.”)
- Exit Skill 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.)
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Learn-To-Swim Level 2

- Exit Skill 1: Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back, float 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath)
- Exit Skill 2: Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- Exit Skill 2: Push off and swim using a combination of arm and leg actions for at least 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming 5 body lengths. (You can assist the participant when taking a breath)
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Learn-To-Swim Level 3

- Exit Skill 1: Jump into chest-deep water from the side, swim front crawl for 15 yards maintaining position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.
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Learn-To-Swim Level 4

- Exit Skill 1: Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 15 yards.
- Exit Skill 2: Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
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Learn-To-Swim Level 5

- Exit Skill 1: Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
- Exit Skill 2: Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.
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Learn-To-Swim Level 6

- Exit Skill 1: Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
- Exit Skill 2: Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
- Exit Skill 3: Swim 20 yards, perform a feet first dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to a surface and return to starting point.
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Preschool Aquatics Level 1

All preschool aquatic skills can be performed with support.

Exit Skill 1: Enter independently, using either the ladder, 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 gutter or swim)

Exit Skill 2: While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

Preschool Aquatics Level 2

All preschool aquatic skills can be performed with assistance.

Exit Skill 1: Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.

Exit Skill 2: Glide on back for at least 2 body lengths, roll to front, float 5 seconds then recover to a vertical position.

Exit Skill 3: Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.

Preschool Aquatics Level 3

All preschool aquatic skills can be performed with assistance.

Exit Skill 1: Step from side into chest deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position

Exit Skill 2: Move into a back float for 5 seconds, roll to front then recover to a vertical position.

Exit Skill 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 (You can assist the child when taking a breath).

Parent & Child Aquatics Level 1

No Exit Skills

Parent & Child Aquatic Level 2

No Exit Skills