**Level 1: Introduction to Water Skills**

Children ages 5 and older are taught basic personal water safety information and skills, how to feel comfortable in the water, and to enjoy water safely.  At this level, children start developing positive attitudes, good swimming habits, and safe practices in and around the water.

Sessions are two weeks long.

**Cost: $22/City; $33/Non-city**

**Level 1b: Water Skills**

Students entering this course must have a Level 1 certificate or must be able to demonstrate all the completion requirements in Level 1. The objective of Level 1B is to give those advanced young students a challenge in the water. Students will spend time practicing elementary aquatic skills learned in Level 1. The fundamentals of floating and locomotion will also be introduced.

Sessions are two weeks long.

**Cost: $22/City; $33/Non-city**

**Skills:**

* Enter water using ladder, steps, or side
* Exit water using ladder, steps, or side
* Blowing bubbles through mouth and nose, 3 seconds
* Bobbing, 3 times
* Opening eyes under water and retrieving submerged objects, 2 times (in shallow water)
* Front glide, 2 body lengths
* Recover from a front glide to a vertical position
* Back glide, 2 body lengths
* Back float, 3 seconds
* Recover from a back float or glide to a vertical position
* Roll from front to back
* Roll from back to front
* Treading using arm and hand actions (in chest-deep water)
* Alternating leg action on front, 2 body lengths
* Simultaneous leg action on front, 2 body lengths
* Alternating arm action on front, 2 body lengths
* Simultaneous arm action on front, 2 body lengths
* Combined arm and leg actions on front, 2 body lengths
* Alternating leg action on back, 2 body lengths
* Simultaneous leg action on back, 2 body lengths
* Alternating arm action on back, 2 body lengths
* Simultaneous arm action on back, 2 body lengths
* Combined arm and leg actions on back, 2 body lengths

**Exit Skills Assessment:**

* **Enter independently, using either the ladder, steps, or side, travel at least 5 yards, bob 3 times, and then safely exit the water (student can walk, move alone the gutter, or “swim.”)**
* **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.)**