

### ***Level 1 Skills***

- Enter water
- Exit water
- Blowing bubbles, 3 seconds
- Bobbing, 5 times
- Opening eyes underwater and retrieve 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, 5 seconds
- Recover from a back float or glide to a vertical position
- Roll from front to back
- Roll from back to front
- Arm and hand treading 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

### ***Safety Topics***

- Staying safe around water
- Recognizing the lifeguards
- Don't Just Pack It, Wear Your Jacket
- Recognizing an emergency
- How to call for help
- Too Much Sun Is No Fun

### ***Exit Skills Assessment***

1. Enter independently, travel at least 5 yards, bob 5 times then safely exit the water.
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)