

### ***Sea Squirts I Skills***

- Enter water safely using ladder or side
- Exit water safely using ladder or side
- Blowing bubbles through mouth and nose
- Submerge mouth, nose, and eyes
- Opening eyes underwater and retrieve submerged objects
- Front glide with support and recover
- Back glide
- Recover from back float
- Roll from front to back
- Roll from back to front
- Treading water (arm and hand actions)
- Alternating leg action on front
- Simultaneous leg action on front
- Alternating arm action on front
- Simultaneous arm action on front
- Combined arm and leg action on front
- Alternating leg action on back
- Simultaneous leg action on back
- Alternating arm action on back
- Simultaneous arm back on back
- Combined arm and leg action on back

### ***Safety Topics***

- Recognizing the lifeguards
- Staying safe around water
- 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, using either the ladder or side, travel at least 5 yards, submerge to your mouth and blow bubbles for at least 3 seconds then safely exit the water.
2. While in shallow water, glide on front for at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.