

## SWIM LEVEL DESCRIPTIONS

### SUBMARINES (LEVEL 1)

1. Enter and exit water independently
2. Submerge face
3. Blowing bubbles - mouth & nose
4. Open eyes and pick up an object
5. Supported front float & recover
6. Supported back float & recover
7. Walk or paddle & change direction
8. Roll over front/back & back/front
9. Alternating arm & leg action - front
10. Alternating arm & leg action - back
11. Simultaneous arm & leg action - front
12. Simultaneous arm & leg action - back
13. Water safety rules
14. Wear and use a life jacket
15. Recognize & help a distressed swimmer

### SKIPPERS (LEVEL 3)

1. Jump into deep water from side
2. Submerge & retrieve object from bottom
3. Bob - fully
4. Rotary breathing
5. Glide-kick simultaneously & alternating - front/back
6. Back float
7. Vertical to horizontal-front/back
8. Tread water
9. Crawl stroke - front/back
10. Butterfly - kick & body motion
11. Water safety & safe diving rules
12. Enter water wearing a life jacket
13. H.E.L.P. & huddle positions
14. Reaching assists - throwing

### MOTOR BOATS (LEVEL 2)

1. Enter & exit water safely using ladder or side
2. Submerge body while bobbing
3. Submerge & retrieve object with open eyes
4. Prone float/glide/recover
5. Supine float/glide/recover
6. Change direction - paddle on front or back
7. Turn over front to back/back to front
8. Tread water using arm & leg action
9. Combined stroke - front/back
10. Finning & sculling on back
11. Alternating & simultaneous kicks on side
12. Water safety rules
13. Use and move in a life jacket
14. How to recognize a distressed swimmer
15. How to help a distressed swimmer

### CLIPPERS (LEVEL 4)

1. Swim under water
2. Back float
3. Open turn front/back in streamlined position
4. Tread water with kick and arm motion
5. Crawl stroke - front/back
6. Breaststroke
7. Butterfly
8. Elementary backstroke
9. Swim on side with scissors kick
10. Survival float
11. Additional safe diving rules
12. Compact jump into deep wearing life jacket
13. Throwing assist from deck