



Water Safety Levels

Water Safety 1 (3 years and older)

Skills:

- Bubbles
- Eyes in for 5-10 seconds
- Confidently puts eyes in water whenever asked
- Submerges with help
- Gains breath control
- U-turn with help
- Hold wall, climbs out of the pool
- Sit dives and jumps into the pool
- Dive for toys on the stairs
- Relaxed magic pillow ride
- Relaxed back float
- Glides to teacher with eyes in the water
- Propels self, with arm floats

Goals to Move to WS2:

- ★ Overcome fear of the water
- ★★ Eyes in whenever asked
- ★★★ Independent swim 5 feet w/ sit dive
- ★★★★ Comfortable starfish float on back w/ help

Water Safety 2

Skills:

- Expanded breath control
- Rollovers using arm pulls
- Kicks on back with and without equipment
- Rollovers with and without equipment
- U-turns and jumping without help
- Relaxed starfish float with help
- Correct kicks (straight legs)

Goals to Move to WS3:

- ★ Kicks on back width of pool
- ★★ Rollover width of pool
- ★★★ U-turn sitting and standing
- ★★★★ Dive to bottom of pool

Water Safety 3

Skills:

- Straight leg kicks on front and back with barbell
- Kick on back length of pool with and without fins
- Rollovers length of pool with and without fins using arm pulls
- Review sitting and standing U-turns
- Independent starfish float for 10 seconds

Goals to Move to Stroke 1:

- ★ Straight leg kicks on front and back w/ out fins
- ★★ Kicks on back the length of pool w/ out fins
- ★★★ Rollovers the length of pool w/ arm pulls w/ out fins
- ★★★★ Starfish float for 10 seconds independently