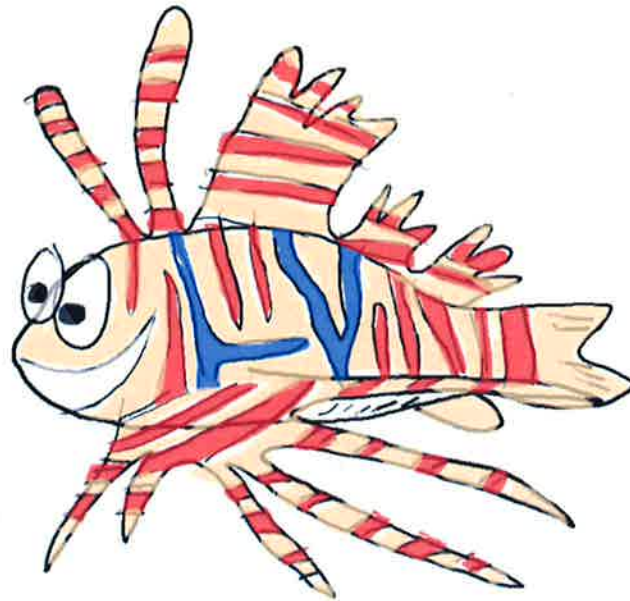




LAKEVIEW DAY CAMP



American
Red Cross



LAKEVIEW DAY CAMP SWIM PROGRAM



Lakeview Day Camp Swim Program

Red Cross Level 1: Introduction to Water Skills

Parents Guide to Red Cross Level 1



**American
Red Cross**

Goals of Level 1:

- To orient swimmers to the aquatic environment and help them gain basic aquatic skills
- Help swimmers begin to develop positive attitudes and safe practices around water

What happens in Level 1: Introduction to Water Skills?

Lakeview instructors create and follow lesson plans to introduce new swimming and water safety skills, while building on previously learned skills. Each class is meant to be fun and engaging for the swimmers, while also challenging them. This helps motivate the children to want to learn to swim.

In Level 1—Introduction to Water Skills, campers are introduced to basic swimming skills as the foundation for future skills. Certain milestones are necessary for successful completion of Level 1, including—

- Entering the water independently using ladder, steps or side.
- Traveling at least 5 yards, bobbing 3 times then safely exiting the water.
- Gliding on front supported at least 2 body lengths.
- Rolling to a back float for 3 seconds with support.
- Recovering to a vertical position with support.

It is important for you to understand that campers must participate in several sessions of Level 1 before they successfully demonstrate each skill. This means it might take some time for your child to complete the level. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

How are Level 1 swimmers evaluated?

Lakeview instructors follow the Red Cross plan that details the specific skills to be introduced at this level, along with performance expectations. They continually monitor the progress of the campers and evaluate the skills necessary to complete the level. Once all Level 1 skills are achieved, campers are ready to move on to Level 2!

How can you help?

- Read the swim report to determine which skills your child should practice, and then make practicing fun at home or your local pool.
- Understand that children develop swimming skills at different rates. Campers in the same swim group will achieve skills at different times. Lakeview instructors are able to tailor their lessons to account for this fluctuation in achievement.
- Avoid putting pressure on your child. Encourage them to enjoy swim lessons and take pride in personal success.
- Talk about what your child has learned in the lesson to develop safe practices for the home and other aquatic environments such as lakes, rivers and waterparks.
- Encourage your child, when at play, to try the skills he or she is learning in lessons.

How to read the swim report:

The Lakeview Swim Program breaks each Red Cross level into two levels - A and B. This is to account for the varying rates that campers achieve each skill. You will receive a card with your child's level and percentage of completion. That percentage represents the amount of skills they have completed for their sublevel. For example, if your child is on level 1a at 25%, they have completed 25% of the skills on level 1a.



Lakeview Day Camp Swim Program

Red Cross Level 1: Introduction to Water Skills



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Lakeview Level 1A: Starfish

Getting in and out:

- Enter water using ladder, steps or side
- Exit water safely using ladder, steps or side

Getting started face down:

- Alternating arm action on front (2 body lengths)
- Alternating leg action on front (2 body lengths)

Getting started on back:

- Alternating arm action on back (2 body lengths)
- Alternating leg action on back (2 body lengths)

Underwater:

- Blowing bubbles through mouth and nose (3 seconds)
- Bobbing (3 times)
- Opening eyes underwater and retrieving submerged objects (2 times, in shallow water)

Floating and moving around:

- Back float (3 seconds)

General water safety:

- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't Just Pack It, Wear Your Jacket

Lakeview Level 1B: Goldfish

Getting started face down:

- Front glide (2 body lengths)
- Recover from a front glide to a vertical position
- Simultaneous leg action on front (2 body lengths)
- Simultaneous arm action on front (2 body lengths)
- Combined arm and leg actions on front (2 body lengths)

Getting started on back:

- Back glide (2 body lengths)
- Recover from a back float or glide to a vertical position
- Simultaneous leg action on back (2 body lengths)
- Simultaneous arm action on back (2 body lengths)
- Combined arm and leg actions on back (2 body lengths)

Floating and moving around:

- Roll from front to back
- Roll from back to front
- Treading using arm and hand actions (in chest-deep water)

General water safety:

- Recognizing an emergency
- How to call for help
- Too Much Sun Is No Fun

Exit skills for Level 1:

- Enter water independently, using either the ladder, steps, or side, travel at least 5 yards, bob 3 times, then safely exit the water. (Participants can walk, move along 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.)



Lakeview Day Camp Swim Program

Red Cross Level 2: Fundamental Aquatic Skills

Parents Guide to Red Cross Level 2



**American
Red Cross**

Goals of Level 2:

- Give swimmers success with fundamental skills.
- Learn to float and recover to a vertical position.
- Builds upon the skills learned in level 1.

What happens in Level 2: Fundamental Aquatic Skills?

Lakeview instructors create and follow lesson plans to introduce new swimming and water safety skills, while building on previously learned skills. Each class is meant to be fun and engaging for the swimmers, while also challenging them. This helps motivate the children to want to learn to swim.

In Level 2—Fundamental Aquatic Skills, campers are introduced to swimming skills that lead to independence in the water. These skills include, but are not limited to, submerging their entire heads, floating and gliding unsupported, and using combined arm and leg motions. Certain milestones are necessary for successful completion of Level 2, including-

- Without assistance, step from the side into chest-deep water, move into front float for 5 seconds, roll over to a back float, return to standing position, then move to back float for 5 seconds and return to a standing position.
- Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on back.

It is important for you to understand that campers must participate in several sessions of Level 2 before they successfully demonstrate each skill. This means it might take some time for your child to complete the level. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

How are Level 2 swimmers evaluated?

Lakeview instructors follow the Red Cross plan that details the specific skills to be introduced at this level, along with performance expectations. They continually monitor the progress of the campers and evaluate the skills necessary to complete the level. Once all Level 2 skills are achieved, campers are ready to move on to Level 3!

How can you help?

- Read the swim report to determine which skills your child should practice, and then make practicing fun at home or your local pool.
- Understand that children develop swimming skills at different rates. Campers in the same swim group will achieve skills at different times. Lakeview instructors are able to tailor their lessons to account for this fluctuation in achievement.
- Avoid putting pressure on your child. Encourage them to enjoy swim lessons and take pride in personal success.
- Talk about what your child has learned in the lesson to develop safe practices for the home and other aquatic environments such as lakes, rivers and waterparks.
- Encourage your child, when at play, to try the skills he or she is learning in lessons.

How to read the swim report:

The Lakeview Swim Program breaks each Red Cross level into two levels - A and B. This is to account for the varying rates that campers achieve each skill. You will receive a card with your child's level and percentage of completion. That percentage represents the amount of skills they have completed for their sublevel. For example, if your child is on level 2a at 25%, they have completed 25% of the skills on level 2a.



Lakeview Day Camp Swim Program

Red Cross Level 2: Fundamental Aquatic Skills



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Lakeview Level 2A: Guppy

Getting in and out:

- Enter water stepping or jumping from the side (in shoulder-deep water)
- Exit water using ladder, steps or side (in chest-deep water)

Getting started face down:

- Front glide (2 body lengths)

Getting started on back:

- Back glide (2 body lengths)
- Finning arm action on back (5 body lengths)

Underwater:

- Fully submerging and holding breath (5 seconds)
- Bobbing (5 times, in chest-deep water)

Floating and moving around:

- | | |
|---|-------------------------------|
| • Front float (5 seconds) | • Jellyfish float (5 seconds) |
| • Back float (15 seconds) | • Roll from front to back |
| • Treading using arm and leg actions (15 seconds, in shoulder-deep water) | • Roll from back to front |

General water safety:

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

Lakeview Level 2B: Minnow

Getting started face down:

- Combined arm and leg actions on front (5 body lengths)

Getting started on back:

- Combined arm and leg actions on back (5 body lengths)

Underwater:

- Opening eyes underwater and retrieving submerged objects (2 times, in chest-deep water)

Floating and moving around:

- Tuck float (5 seconds)
- Recover from a front float or glide to a vertical position
- Recover from a back float or glide to a vertical position
- Change direction of travel while swimming on front or back

General water safety:

- Look Before You Leap
- Think So You Don't Sink
- Reach or Throw, Don't Go

Exit skills for Level 2:

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
- Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)



Lakeview Day Camp Swim Program

Red Cross Level 3: Stroke Development

Parents Guide to Red Cross Level 3



**American
Red Cross**

Goals of Level 3:

- Builds on skills from Level 2.
- Develops strokes through additional guided practice in deeper water.

What happens in Level 3: Stroke Development?

Lakeview instructors create and follow lesson plans to introduce new swimming and water safety skills, while building on previously learned skills. Each class is meant to be fun and engaging for the swimmers, while also challenging them. This helps motivate the children to want to learn to swim.

In Level 3- Stroke Development, campers are introduced to swimming skills that lead to proper stroke development and the skills and confidence to swim in deeper water. These skills include, but are not limited to, jumping into deeper water from the side, diving from a kneeling position, rotary breathing, and treading water. Certain milestones are necessary for successful completion of Level 3, including-

- Demonstrate competency in all required skills and activities, including in-water skills.
- Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water breathing (to front or side), maintain position by treading or floating for 30 seconds, back crawl for 15 yards.

It is important for you to understand that campers must participate in several sessions of Level 3 before they successfully demonstrate each skill. This means it might take some time for your child to complete the level. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

How are Level 3 swimmers evaluated?

Lakeview instructors follow the Red Cross plan that details the specific skills to be introduced at this level, along with performance expectations. They continually monitor the progress of the campers and evaluate the skills necessary to complete the level. Once all Level 3 skills are achieved, campers are ready to move on to Level 4!

How can you help?

- Read the swim report to determine which skills your child should practice, and then make practicing fun at home or your local pool.
- Understand that children develop swimming skills at different rates. Campers in the same swim group will achieve skills at different times. Lakeview instructors are able to tailor their lessons to account for this fluctuation in achievement.
- Avoid putting pressure on your child. Encourage them to enjoy swim lessons and take pride in personal success.
- Talk about what your child has learned in the lesson to develop safe practices for the home and other aquatic environments such as lakes, rivers and waterparks.
- Encourage your child, when at play, to try the skills he or she is learning in lessons.

How to read the swim report:

The Lakeview Swim Program breaks each Red Cross level into two levels - A and B. This is to account for the varying rates that campers achieve each skill. You will receive a card with your child's level and percentage of completion. That percentage represents the amount of skills they have completed for their sublevel. For example, if your child is on level 3a at 25%, they have completed 25% of the skills on level 3a.



Lakeview Day Camp Swim Program

Red Cross Level 3: Stroke Development



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Lakeview Level 3A: Sunfish

Getting in and out:

- Enter water by jumping from the side (into deep water (5ft or greater))

Underwater:

- Bobbing while moving toward safety (5 times, in chest-deep water)

Floating and moving around:

- Survival float on front (30 seconds, in deep water)
- Back float (30 seconds, in deep water)
- Change from vertical to horizontal position on front 30 seconds, in deep water)
- Change from horizontal to vertical position on front 30 seconds, in deep water)
- Push off in a streamlined position on front then begin flutter kicking (3-5 body lengths)

Swimming the strokes:

- Front crawl
- Elementary backstroke
- Scissor kick

General water safety:

- Reach or Throw, Don't Go
- Think Twice Before Going Near Cold Water or Ice

Lakeview Level 3B: Pike

Starting to dive:

- Headfirst entry from side in a sitting position
- Headfirst entry from the side in a kneeling position

Underwater:

- Rotary breathing (10 times)

Floating and moving around:

- Tread water (30 seconds, in deep water)

Swimming the strokes:

- Push off in a streamlined position on front, then begin dolphin kicking (3-5 body lengths)
- Front crawl (15 yards)
- Elementary backstroke (15 yards)
- Scissor kick (10 yards)

General water safety:

- Look Before You Leap

Exit skills for Level 3:

- Jump into deep water (5ft or deeper) from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.



Lakeview Day Camp Swim Program

Red Cross Level 4: Stroke Improvement

Parents Guide to Red Cross Level 4



**American
Red Cross**

Goals of Level 4:

- Builds on skills from previous levels.
- Develops confidence and strength to improve skills learned.
- Introduce new aquatic skills.

What happens in Level 4: Stroke Improvement?

Lakeview instructors create and follow lesson plans to introduce new swimming and water safety skills, while building on previously learned skills. Each class is meant to be fun and engaging for the swimmers, while also challenging them. This helps motivate the children to want to learn to swim.

In Level 4—Stroke Improvement, campers are developing the confidence and strength to improve skills already learned and further refining their strokes. These skills include, but are not limited to, shallow diving into deeper water from a stride position, swimming underwater, 3 body lengths, and learning survival floats. Certain milestones are necessary for successful completion of Level 4, including-

- Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back for 1 minute in deep water (floating or sculling) and swim elementary backstroke for 15 yards.
- Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

It is important for you to understand that campers must participate in several sessions of Level 4 before they successfully demonstrate each skill. This means it might take some time for your child to complete the level. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

How are Level 4 swimmers evaluated?

Lakeview instructors follow the Red Cross plan that details the specific skills to be introduced at this level, along with performance expectations. They continually monitor the progress of the campers and evaluate the skills necessary to complete the level. Once all Level 4 skills are achieved, campers are ready to move on to Level 5!

How can you help?

- Read the swim report to determine which skills your child should practice, and then make practicing fun at home or your local pool.
- Understand that children develop swimming skills at different rates. Campers in the same swim group will achieve skills at different times. Lakeview instructors are able to tailor their lessons to account for this fluctuation in achievement.
- Avoid putting pressure on your child. Encourage them to enjoy swim lessons and take pride in personal success.
- Talk about what your child has learned in the lesson to develop safe practices for the home and other aquatic environments such as lakes, rivers and waterparks.
- Encourage your child, when at play, to try the skills he or she is learning in lessons.

How to read the swim report:

The Lakeview Swim Program breaks each Red Cross level into two levels - A and B. This is to account for the varying rates that campers achieve each skill. You will receive a card with your child's level and percentage of completion. That percentage represents the amount of skills they have completed for their sublevel. For example, if your child is on level 4a at 25%, they have completed 25% of the skills on level 4a.



Lakeview Day Camp Swim Program

Red Cross Level 4: Stroke Improvement



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Lakeview Level 4A: Trout

Starting to Dive:

- Headfirst entry from the side in a compact position
- Headfirst entry from the side in a stride position

Underwater:

- Swim underwater (3-5 body lengths)

Treading, turning and floating:

- Treading water using 2 different kicks (2 minutes)
- Front crawl open turn
- Backstroke open turn

Swimming the strokes:

- Push off in a streamlines position on back and begin flutter kicking (3-5 body lengths)
- Front crawl
- Breaststroke
- Butterfly
- Elementary backstroke
- Back crawl
- Sidestroke

General water safety:

- Reach or Throw, Don't Go
- Look Before You Leap

Lakeview Level 4B: Dolphin

Starting to Dive:

- Feet-first surface dive (submerging completely)

Treading, turning and floating:

- Survival swimming (30 seconds, in deep water)

Swimming the strokes:

- Push off in a streamlines position on back and begin dolphin kicking (3-5 body lengths)
- Front crawl (25 yards)
- Breaststroke (15 yards)
- Butterfly (15 yards)
- Elementary backstroke (25 yards)
- Back crawl (15 yards)
- Sidestroke (15 yards)

General water safety:

- Think So You Don't Sink
- Recreational water illnesses

Exit skills for Level 4:

- Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.



Lakeview Day Camp Swim Program

Red Cross Level 5: Stroke Refinement

Parents Guide to Red Cross Level 5



**American
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Goals of Level 5:

- Builds on skills from previous levels.
- Provides further coordination and refinement of strokes.
- Swimming further distances.

What happens in Level 5: Stroke Refinement?

Lakeview instructors create and follow lesson plans to introduce new swimming and water safety skills, while building on previously learned skills. Each class is meant to be fun and engaging for the swimmers, while also challenging them. This helps motivate the children to want to learn to swim.

In Level 5—Stroke Refinement, campers are developing their coordination and refining their strokes. These skills include, but are not limited to: treading water for 2 minutes, survival swimming and floating for 2 minutes and performing certain skills. Certain milestones are necessary for successful completion of Level 5, including:

- Perform shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or skull), and swim elementary backstroke for 25 strokes.
- Swim breaststroke for 25 yards, tread water for 2 minutes, and swim back crawl for 50 yards.

It is important for you to understand that campers must participate in several sessions of Level 5 before they successfully demonstrate each skill. This means it might take some time for your child to complete the level. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

How are Level 5 swimmers evaluated?

Lakeview instructors follow the Red Cross plan that details the specific skills to be introduced at this level, along with performance expectations. They continually monitor the progress of the campers and evaluate the skills necessary to complete the level. Once all Level 5 skills are achieved, campers are ready to move on to Level 6!

How can you help?

- Read the swim report to determine which skills your child should practice, and then make practicing fun at home or your local pool.
- Understand that children develop swimming skills at different rates. Campers in the same swim group will achieve skills at different times. Lakeview instructors are able to tailor their lessons to account for this fluctuation in achievement.
- Avoid putting pressure on your child. Encourage them to enjoy swim lessons and take pride in personal success.
- Talk about what your child has learned in the lesson to develop safe practices for the home and other aquatic environments such as lakes, rivers and waterparks.
- Encourage your child, when at play, to try the skills he or she is learning in lessons.

How to read the swim report:

The Lakeview Swim Program breaks each Red Cross level into two levels - A and B. This is to account for the varying rates that campers achieve each skill. You will receive a card with your child's level and percentage of completion. That percentage represents the amount of skills they have completed for their sublevel. For example, if your child is on level 5a at 25%, they have completed 25% of the skills on level 5a.



Lakeview Day Camp Swim Program

Red Cross Level 5: Stroke Refinement



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Lakeview Level 5A: Barracuda

Diving in:

- Shallow-angle dive from the side
- Tuck surface dive (submerging completely)
- Pike surface dive (submerging completely)

Treading, turning and floating:

- Treading water (5 minutes)
- Standard scull (30 seconds)

Swimming the strokes:

- Front crawl
- Breaststroke
- Butterfly
- Elementary backstroke
- Back crawl
- Sidestroke

General water safety:

- Reach or Throw, Don't Go
- Look Before You Leap
- Recreational water illnesses
- Think So You Don't Sink

Lakeview Level 5B: Shark

Diving in:

- Shallow-angle dive, glide 2 body lengths, and begin any front stroke

Treading, turning and floating:

- Front flip while swimming
- Backstroke flip turn while swimming

Swimming the strokes:

- Front crawl (50 yards)
- Breaststroke (25 yards)
- Butterfly (25 yards)
- Elementary backstroke (50 yards)
- Back crawl (25 yards)
- Sidestroke (25 yards)

General water safety:

- How to call for help and the importance of knowing first aid and CPR
- Think Twice Before Going Near Cold Water or Ice
- Wave, Tide, or Ride, Follow the Guide

Exit skills for Level 5:

- Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
- Swim breaststroke for 25 yards, change direction and position as necessary and swim back crawl for 25 yards.



Lakeview Day Camp Swim Program

Red Cross Level 6: Fitness Swimmer and Personal Water Safety

Parents Guide to Red Cross Level 6



**American
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Goals of Level 6:

- Builds on skills from previous levels.
- Refines the strokes so campers swim them with ease, efficiency, power and smoothness over greater distances.
- Prepares campers to participate in more advanced courses.

What happens in Level 6: Fitness Swimmer and Personal Water Safety?

Lakeview instructors create and follow lesson plans to introduce new swimming and water safety skills, while building on previously learned skills. Each class is meant to be fun and engaging for the swimmers, while also challenging them. This helps motivate the children to want to learn to swim.

In Level 6—Fitness Swimmer and Personal Water Safety, campers are refining their strokes in order to swim with ease and proficiency. This level is designed with "menu" options that each focus on preparing students to participate in more advanced courses, including Water Safety Instructor and Lifeguard Training Courses. These options include: Personal Water Safety, Lifeguard Readiness, Fundamentals of Diving, and Fitness Swimmer. All of these options include specific endurance skills and turns. Certain milestones are necessary for successful completion of Level 6, including-

- For each option, a specific set of exit skill assessments are given, but all of the options will require a continuous, 500 yard swim.

It is important for you to understand that campers must participate in several sessions of Level 6 before they successfully demonstrate each skill. This means it might take some time for your child to complete the level. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

How are Level 6 swimmers evaluated?

Lakeview instructors follow the Red Cross plan that details the specific skills to be introduced at this level, along with performance expectations. They continually monitor the progress of the campers and evaluate the skills necessary to complete the level.

How can you help?

- Read the swim report to determine which skills your child should practice, and then make practicing fun at home or your local pool.
- Understand that children develop swimming skills at different rates. Campers in the same swim group will achieve skills at different times. Lakeview instructors are able to tailor their lessons to account for this fluctuation in achievement.
- Avoid putting pressure on your child. Encourage them to enjoy swim lessons and take pride in personal success.
- Talk about what your child has learned in the lesson to develop safe practices for the home and other aquatic environments such as lakes, rivers and waterparks.
- Encourage your child, when at play, to try the skills he or she is learning in lessons.

How to read the swim report:

The Lakeview Swim Program breaks each Red Cross level into two levels - A and B. This is to account for the varying rates that campers achieve each skill. You will receive a card with your child's level and percentage of completion. That percentage represents the amount of skills they have completed for their sublevel. For example, if your child is on level 6a at 25%, they have completed 25% of the skills on level 6a.



Lakeview Day Camp Swim Program

*Red Cross Level 6: Fitness Swimmer 6A and
Personal Water Safety 6B*



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Lakeview Level 6A: Wobbegong Shark

Stroke Perfection:

- Front crawl (100 yards)
- Elementary backstroke (100 yards)
- Back crawl (50 yards)
- Breaststroke (50 yards)
- Sidestroke (50 yards)
- Butterfly (50 yards)

Advanced turn techniques and training skills:

- Front crawl open turn while swimming
- Backstroke open turn while swimming
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Sidestroke turn while swimming
- Butterfly turn while swimming
- Breaststroke turn while swimming
- Circle swimming
- Using a pace clock
- Using a pull buoy while swimming (25 yards)
- Using fins while swimming (25 yards)
- Using paddles while swimming (25 yards)
- Describe the principles of setting up an exercise program
- Demonstrate various training techniques
- Calculate target heart rate
- Aquatic exercise

Pre-assessment - Cooper 12-minute swim test

Exit skills:

- Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke
- Perform the Cooper 12-minute swim test and compare the results with the pre-assessment results.

Lakeview Level 6B: Goblin Shark

Stroke Perfection:

- Front crawl (100 yards)
- Elementary backstroke (100 yards)
- Back crawl (50 yards)
- Breaststroke (50 yards)
- Sidestroke (50 yards)
- Butterfly (50 yards)

Advanced turn techniques and training skills:

- Front crawl open turn while swimming
- Backstroke open turn while swimming
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Sidestroke turn while swimming
- Butterfly turn while swimming
- Breaststroke turn while swimming

Personal life-saving techniques and advanced deep water (5ft or Deeper) skills:

- HELP position (2 minutes, in deep water)
- Huddle position (2 minutes, in deep water)
- Feet-first surface dive (in water at least 7 feet deep)
- Tuck surface dive (in water at least 7 feet deep)
- Pike surface dive (in water at least 7 feet deep)
- Back float (5 minutes, in deep water)
- Survival float (5 minutes, in deep water)
- Treading water, kicking only (2 minutes, in deep water)
- Surface dive and retrieve an object from the bottom (in water at least 7-10 feet deep)
- Think So You Don't Sink
- Swim with a Buddy in a Supervised Area
- Learn About Boating Before You Go Floating

Exit skills:

- Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
- Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
- Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to the surface and return to the starting point.