

Level I

Water Exploration

- Fully submerge face (3 Seconds)
- Bounce up and down in chest deep water (10 times)
- OR
- Bob to chin level with support (10 times)
- Supported float on front
- Supported float on back
- Bubble blowing
- Water entry and exit Walk 5 yards along side of pool
- Supported kick on front
- Supported kick on back
- Walk 5 yards in chest deep water alternating arms
- Basic safety rules
- Reaching assists without equipment
- Practice release of cramp
- Use of lifejacket