



# Worthington POOLS



## Learn-to-Swim Level 1: Introduction to Water Skills

- Purpose
  - Orient participants to the aquatic environment and help them gain basic aquatic skills.
  - Help participants begin to develop positive attitudes and safe practices around water

Skill	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Topic for the week	Wear your jacket	Follow the rules	Swim as a pair	Be water smart	Look before you leap	Think twice near ice
Enter and exit water using ladder, steps or side	x	x	x	x	x	x
Blow bubbles, 3 seconds	x	x	x	x	x	x
Bobbing, 5 times			x	x	x	x
Open eyes underwater and retrieve submerged objects, 2 times				x	x	x
Front glide, 2 body lengths, Recover to a vertical position	x	x	x			
Back glide, 2 body lengths, Recover to a vertical position	x	x	x			
Back float, 5 seconds	x	x	x	x	x	x
Roll from front to back				x	x	x
Roll from back to front				x	x	x
Arm and hand treading actions (in chest-deep water)				x	x	x
Alternating arm and leg action on front, 2 body lengths	x	x	x	x	x	x
Simultaneous arm and leg action on front, 2 body lengths	x	x	x	x	x	x

### Exit Skills Assessment

1. Swim at least 5 feet independently on both front and back.
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position.  
(Can be assisted minimally)
3. Comfortable with face in water. (With or without goggles)



# Worthington POOLS



## Learn-to-Swim Level 2: Fundamental Aquatic Skills

- Pre-Requisites

- Successful demonstration of the Learn-to-Swim Level 1 exit skills assessment.

Skill	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6
Topic for the week	Wear your jacket	Follow the rules	Swim as a pair	Be water smart	Look before you leap	Think twice near ice
Enter water by stepping or jumping from the side (into shoulder-deep water)	X	X	X	X	X	X
Exit water using ladder, steps or side (from chest-deep water)	X	X	X	X	X	X
Fully submerge and hold breath, 5 seconds, 5 times		X	X	X	X	X
Open eyes underwater and retrieve submerged objects, 3 times				X	X	X
Front glide, 2 body lengths, recover to a vertical position	X	X	X			
Back glide, 2 body lengths, recover to a vertical position in chest-deep water	X	X	X			
Back float, 15 seconds in chest-deep water	X	X	X	X	X	X
Roll from front to back	X	X	X	X		
Roll from back to front	X	X	X	X		
Change direction of travel while swimming on front or back			X	X	X	X
Tread water using arm and leg actions, 15 seconds (in shoulder-deep water)				X	X	X
Combined arm and leg actions on front, 5 body lengths	X	X	X	X	X	X
Combined arm and leg actions on back, 5 body lengths	X	X	X	X	X	X

### Exit Skills Assessment

1. Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. 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.