

Nevada Parks and Recreation

Group Swim Lesson Program

Water Basics - Level 1 6 years +

Level 1– Water Introduction

- 1. Enter and exit the water unassisted***
- 2. Submerge the face for 5 seconds***
- 3. Bob underwater 3 times in chest deep water.***
- 4. Blow bubbles out of mouth and nose 3 seconds***
- 5. Retrieve a submerged object***
- 6. Front Float for 5 seconds***
- 7. Supported back float for 5 seconds***
- 8. Front Glide for 2 body lengths***
- 9. Supported back glide for 2 body lengths***
- 10. Combined arm and leg actions on front (2 body lengths)***
- 11. Combined arm and leg actions on back (2 body lengths)***
- 12. Basic concept of Rhythmic Breathing***
- 13. Roll from front to back and back to front***
- 14. Proper lifejacket use in deep water***
- 15. Demonstration of treading water in chest deep water***

Exit Skills: Enter unassisted, travel at least 5 yards, bob 3 times and safely exit the water. Glide on front 2 body lengths, roll to back float for 3 seconds, recover to vertical position.



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