

HERCULES SWIM CENTER LEARN TO SWIM PROGRAM

Swimmer's Name: _____

Instructor's Name: _____

Level swimmer should register for: _____

Date Completed: _____

Level One: Introduction to water skills

- Enter & Exit the water by using a ladder, steps or side of pool (with support)
- Blowing bubble through mouth and nose - 3 seconds
- Bob 5 times (with support)
- Open eyes under water and retrieve submerged object in shallow water- complete 2 times (with support)
- Front glide - 2 body lengths (with support)
- Recover from a front glide to a vertical position (with support)
- Back glide - 2 body lengths (with support)
- Back float - 5 seconds (with support)
- Recover from a back float or glide to a vertical position (with support)
- Roll from front to back (with support)
- Roll from back to front (with support)
- Arm and hand treading action (in chest-deep water) (with support)
- Alternating leg action on front - 2 body lengths (with support)
- Simultaneous leg action on front - 2 body lengths (with support)
- Alternating arm action on front - 2 body lengths (with support)
- Simultaneous arm action on front - 2 body lengths (with support)
- Combined arm and leg actions on front - 2 body lengths (with support)
- Alternating leg action on back - 2 body lengths (with support)
- Simultaneous leg action on back - 2 body lengths (with support)
- Alternating arm action on back - 2 body lengths (with support)
- Simultaneous arm action on back - 2 body lengths (with support)
- Combined arm and leg actions on back - 2 body lengths (with support)
- Water Safety Skills:
 - Staying safe around water
 - Recognizing the lifeguards
 - Don't just pack it, wear your jacket
 - Recognizing an emergency
 - How to call for help
 - Too much sun is no fun



Exit Skills:

- Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 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 5 seconds and recover to a vertical position. (this is of the assessment can be performed with assistance)

Instructor's Notes:



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Life
Better!**

REGISTER ONLINE AT: WWW.HERCULESREC.COM OR CALL: 799-8291