

## Foxboro Swim Lesson Skill Levels

### Level 1 Skills

Enter and exit small pool independently  
Retrieve submerged objects in small pool  
Support float on front  
Support float on back  
Arm supported crawl in small pool  
Blow bubbles through mouth and nose  
Demonstrate kicking on the front  
Demonstrate kicking on the back  
Move along wall in big pool  
Bob 3 times in big pool  
Discuss importance of safety rules

### Level 2 Skills

Enter and exit the big pool independently  
Step from side into shallow end  
Bob 5 times  
Submerge face for 3 seconds  
Open eyes and retrieve objects  
Front float  
Back float  
Finning arm movements  
Roll from front to back  
Roll from back to front  
Front glide streamlined  
Push off streamlined and flutter kick  
Push off using flutter kick and arms  
Flutter kick on back  
Back crawl arm movement  
Explore deep water with support  
Sunscreen precautions  
Calling for help  
How to use a lifejacket

### Level 3 Skills

Retrieve objects from bottom of shallow end  
Jump into deep water  
Headfirst entry into deep water with support  
Bobbing 10 times  
Survival float 20 seconds  
Tread water 20 seconds  
Rhythmic breathing  
Front crawl, 10 yards  
Back crawl, 10 yards  
Reverse direction while swimming  
Elementary back armstroke  
Elementary back kick  
Diving safety rules  
Murky and cold water safety

### Level 4 Skills

Stride entry into deep water  
Dive into deep water  
Jump from diving board  
Deep water bobbing  
Feet first surface dive  
Swim underwater 10 yards  
Survival float 1 minute  
Tread water 2 minutes  
Rhythmic breathing  
Elementary backstroke 10 yards  
Front crawl 25 yards  
Back crawl 25 yards  
Breaststroke arms  
Breaststroke kick  
Front crawl open turn  
Back crawl open turn  
Reach or throw emergencies  
Diving Board Rules

### Level 5 Skills

Shallow angle dive in deep water

Standing dive from board

Tuck surface dive

Tread water 3 minutes

Elementary backstroke 50 yards

Front crawl 50 yards

Back crawl 50 yards

Breaststroke 25 yards

Front flip turn

Butterfly kick

Wave and tide safety

### Level 6 Skills

Pike surface dive

Surface Dive and retrieve object from bottom of deep end

Sidestroke arms

Sidestroke kick

Butterfly arms

Front crawl 100 yards

Elementary backstroke 100 yards

Back crawl 100 yards

Breaststroke 50 yards

Sidestroke 25 yards

Butterfly 25 yards

Breaststroke pullout

Backstroke flip turn

Breaststroke turn

Butterfly turn

Survival Float 5 minutes

Demonstrate throwing rescues

Using a flotation device while swimming

Recognizing spinal cord injuries