

## Level 1

- Enter and exit the water using the stairs or side.
- Jumping in or stepping off wall with assistance
- Submerging eyes, nose, and mouth
- Bobbing- submerging entire head
- Blowing bubbles through nose and mouth
- Retrieving an object in shallow water
- Front float with support
- Back float with support
- Front glide with support
- Back glide with support
- Alternating arms (front crawl arms)
- Alternating arms (back crawl legs)
- Introducing front crawl (5 feet)
- **Safety Topic:** Pool rules