

Learn To Swim Program Level and Station Overview

	Station 11	Station 12	Station 13	Station 14	Station 15	Station 16
MARLIN LEVEL VI 9:00	~front crawl 100 yds ~open turns all strokes ~surv. float 5 min. ~f.c. flip turns	~surf. dives tuck and pike ~life jacket use deep ~end surv. swim 10 ~min. back float 5 min.	~back crawl 100 yds. ~b.c. flip turns ~elem. back 50 yds.	~treading 5 min. ~Open water & boating safety rules ~appr. & hurd dive brd ~retrieve dive brick ~swim \$ self rescue w/clothes	~breaststroke 50 yds. ~butterfly 50 yds. ~side stroke 50 yds.	TESTING STATION Combined Skills
	Station 6	Station 7	Station 8	Station 9	Station 10	
SHARK LEVEL V 9:00	~front crawl 50 yds. ~shallow dive streamline ~underwater swim 15 yds. ~surf. dives tuck \$ pike	~appr. & hurd jump brd ~treading 2 min. ~surv. float 2 min. ~surv. swim 2 min. ~back float 2 min.	~back crawl 50 yds. ~elem. back 25 yds. ~sidestroke 25 yds.	~breaststroke 25 yds. ~butterfly 25 yds. ~flip turns f.c. & b.c. ~rescue breathing	TESTING STATION Combined Skills	
	Station 1	Station 2	Station 3	Station 4	Station 5	
WHALE LEVEL IV 9:00	~front crawl 25 yds. ~safe diving rules ~compact/stride dive ~surf. dive feet 1st ~underwater swim 3 b.l.	~back crawl 25 yds. ~tread water 1 min. ~life jacket jump in ~open turns f.c. & b.c.	~elem. back 15 yds. ~sidestroke 15 yds. ~surv. Float 1 min. ~back float 1 min.	~breaststroke 15 yds. ~butterfly 15 yds. ~throwing assists ~care 4 choking victim	TESTING STATION Combined Skills	
	Station 11	Station 12	Station 13	Station 14	Station 15	Station 16
PORPOISE LEVEL III 9:35, 10:10, 10:45, 11:20	~jump in deep water ~bob 5x head under ~rotary breathing 5x ~front glide w/kick 15 ft ~front crawl 15 yds.	~sit/kneel dive ~safe diving rules ~back float w/kick 15 yds ~back crawl 15 yds. ~swim across dive well	~fly glide w/kick 15 ft. ~elem. back glide w/kick 15 ft. ~intro breaststroke arms	~life jacket use help/huddle ~reaching assists ~check-call-care ~rev. sidestroke kick ~intro sidestroke arms	~water safety rules ~change direction while swimming f2b & b2f ~tread 30 s ~surv. float 30 s ~pick up object 3x deep	TESTING STATION Combined Skills
	Station 6	Station 7	Station 8	Station 9	Station 10	
TURTLE LEVEL II 9:35, 10:10, 10:45, 11:20	~enter, step/jump in & exit ~bob 5x ~head under 5x ~front float 5 s & glide 2 b.l. ~front crawl 15 ft.	~life jacket swim ~pick up object 5x eyes open ~back float 5 s & glide 2 b.l. ~back crawl 15 ft.	~rev. fly arms & legs ~rev. elem. back, arms & legs ~float & roll fr2bk & bk2fr ~tread arms & legs	~water safety rules, recog. distress swmr, how to get help ~side stroke kick ~side kick flutter ~intro breaststrk kick ~change dir. while swimming	TESTING STATION Combined Skills	
	Station 1	Station 2	Station 3	Station 4	Station 5	
GUPPY LEVEL I 9:35, 10:10, 10:45, 11:20	~enter/exit safely ~submerge face ~bubbles 3 sec. mouth & nose ~front & back float & recover w/support	~float & roll fr2bk & bk2fr ~change direction walk or paddle ~treading arm motion ~front crawl arm & leg action	~life jacket use ~water safety rules, recog. distress swmr, how to get help ~retrieve object ~back crawl arm & leg action	~butterfly arm & leg action ~elem. backstroke arm and leg action	TESTING STATION Combined Skills	



Learn to Swim Program

Exit Skills and Combined Skills Tests

Level 1 – Guppy

- 1) Enter, move 5 yards, bob 5 x at chin level, exit
- 2) Front float w/support 3 seconds, roll to back float w/support 3 seconds, roll and repeat
- 3) Swim on front and back 5 ft w/support

Level 2 – Turtle

- 1) Step in chest deep water, front float 5 seconds, roll, back float 5 second, stand, repeat back to front
- 2) Push off wall, swim 15 ft on front, push off wall, swim 15 ft on back
- 3) Sidestroke kick w/support 5 ft

Level 3 – Porpoise

- 1) Jump in chest deep water, swim front crawl 15 yards (rhythmic breathing), tread/float 30 seconds, swim back crawl 15 yards
- 2) Front glide 2 body lengths, change direction, swim back, repeat on back
- 3) Fly kick 5 yards

Level 4 – Whale

- 1) Jump in deep water, swim front crawl 25 yards, back float 1 minute, swim elem. back 15 yards
- 2) Swim breaststroke 15 yards, tread 1 minute, swim back crawl 25 yards
- 3) Compact/stride dive in deep water, swim fly 25 yards, turn, swim sidestroke 15 yards

Level 5 – Shark

- 1) Shallow dive, swim front crawl 50 yards, back float 2 minutes deep water, swim elem. back 25 yards
- 2) Swim breaststroke 25 yards, tread 2 minutes, swim back crawl 50 yards
- 3) Swim fly 25 yards, survival float 2 minutes, swim sidestroke 25 yards

Level 6 – Marlin

- 1) 500 yard swim using all strokes: 100 front crawl, 100 back crawl, 50 breaststroke, 50 elem. backstroke, 50 sidestroke, 50 butterfly, 100 choice
- 2) Jump in deep water, survival float 5 minutes, roll to back, back float 5 minutes
- 3) Surface dive, retrieve brick (at least 7 ft.), swim to side, tread 5 minutes
- 4) Approach and hurdle, feet first entry from board
- 5) Approach and hurdle, head first entry from board