

<b>COURSE:</b>	<b>Learn-to-Swim Level 1— Introduction to Water Skills</b>
<b>Course Code:</b>	<b>34901</b>
<b>Purpose</b>	<ul style="list-style-type: none"> <li>To help students feel comfortable in the water and to enjoy the water safely</li> </ul>
<b>Prerequisites</b>	None
<b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>Enter and exit the water safely using a ladder, steps or side of the pool.</li> <li>Submerge mouth, nose and eyes</li> <li>Exhale underwater (blow bubbles) through mouth and nose (3 seconds)</li> <li>Open eyes underwater, pick up a submerged object held at arms length (2 times)</li> <li>Show comfort maintaining a front float position, while supported; face may be in or out of the water (5 seconds)</li> <li>Recover from a front float to a standing position while supported</li> <li>Show comfort maintaining a back float position while supported (5 seconds)</li> <li>Recover from a back float to a standing position while supported</li> <li>Change direction of travel while walking or paddling</li> <li>Roll over from front to back while supported</li> <li>Roll over from back to front while supported</li> <li>Explore arm and hand movements while treading in chest-deep water with support</li> <li>Swim on front using any combination of arm and leg actions while supported (5 feet)</li> <li>Swim on back using any combination of arm and leg actions while supported (5 feet)</li> <li>Discuss water safety rules</li> <li>Discuss how to use a lifejacket</li> <li>Demonstrate wearing a lifejacket in the water</li> <li>Discuss how to recognize a swimmer in distress</li> <li>Demonstrate how to get help</li> </ul>
<b>Length</b>	No minimum number of hours suggested
<b>Instructor</b>	Currently authorized Water Safety (r.04) instructor.

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**Certification  
Requirements**

Successfully complete the following exit skills assessment:

1. Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water (participants can walk, travel along the gutter or swim)
2. Float on front with support for 3 seconds, rollover onto back (with assistance), float on back with support for 3 seconds

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**Certificate Issued  
and Validity Period**

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**Participant  
Materials**

*Raffy Learns to Swim*: American Red Cross Learn-to-Swim Level 1 and 2 (StayWell Stock No. 651307) (Recommended but not required)