

# Groups 1-5 Descriptions

## Group 1

### Purpose

To begin developing positive attitudes, good swimming habits and safe practices in and around the water

### Prerequisites

None - Participants start at about 6 years of age.

### Learning Objectives

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Learn how to stay safe, including recognizing an emergency and knowing how to call for help
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards, and sun safety

## Group 2

### Purpose

To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position

### Prerequisites

Successful demonstration of all certification requirements from Group 1

### Learning Objectives

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back

- Finning arm action
- Learn how to stay safe, including recognizing an emergency, knowing how to call for help and perform simple non-swimming assists
- Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards, and sun safety
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation

## Group 3

### Purpose

To build on the skills in group 2 by providing additional guided practice in deeper water

### Prerequisites

Successful demonstration of all certification requirements from Group 2

### Learning Objectives

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Learn to look carefully before entering the water
- Learn to perform simple nonswimming assists
- Learn to recognize, prevent and respond to cold water emergencies

## Group 4

### Purpose

To develop participants' confidence in the strokes learned in group 3 and to improve other aquatic skills

### Prerequisites

Successful demonstration of all completion requirements from Group 3

### Learning Objectives

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feetfirst surface dive
- Survival swimming
- Front crawl and backstroke open turns

- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple nonswimming assists
- Learn about recreational water illnesses and how to prevent them

## **Group 5**

### **Purpose**

To further learn how to coordinate and refine strokes

### **Prerequisites**

Successful demonstration of all completion requirements from Group 4

### **Learning Objectives**

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple nonswimming assists
- Learn about recreational water illnesses and how to prevent them
- Learn how to call for help and the importance of knowing first aid and CPR
- Learn basic safety guidelines for participating in aquatic activities at waterparks