



# Level 1

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## OPELIKA SWIM SCHOOL: LEVEL ONE

The goal and focus of level one is all about water introduction. With the assistance of you instructor we want you to learn key skills to help you stay safe around water!

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### Safety Rules:

- Where is the Lifeguard?
- Where is person that brought you?
- Teach them to look for water depth?
- Never Swim Alone

### Lesson Rules:

- Listen and Pay Attention
- No Splashing
- Never Leave the group
- Do your BEST!

### Instructor Assisted Skills:

- 1. Sit and Slide into water / Climb out of water
- 2. Crawl along wall – two hands on wall
- 3. Shallow play (use of float and kick)
- 4. Getting Water on Face
  - a. Splash face with hands
  - b. Step or jump in – Face stays above water
  - c. Seated Entry – Face goes under water
- 5. **Blowing Bubbles** – working on exhaling underwater – face completely in water
  - a. Face in water two hands on wall
  - b. Hum or Blow
  - c. :03 Seconds of Blowing
  - d. 5 Breaths – Blow Bubbles after each Breath
- 6. **Assisted Float**
  - a. Star Float on Back
  - b. Arms at Side
  - c. Streamline on Back
- 7. **Assisted Kicking (Instructor holds board/student)**
  - a. Seated on Wall/Shallow End – Toes pointed (hold their feet)
  - b. Hands on Wall/Shallow End – Toes pointed, make splashes
  - c. Board Kick – Small kicks with toes pointed, looking for little splashes
- 8. **Assisted BOBS – Look for ability to exhale below, inhale above (head totally underwater)**
  - a. Hands stay on wall
  - b. Hands off the wall – Instructor holds hands away from wall