LEARN TO SWIM
LEVEL ONE

PURPOSE: To begin developing positive attitudes, good swimming habits and safe practices in and around the water. Participants start at about 6 years of age.

CERTIFICATION REQUIREMENTS:
- Enter water using a ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles for 3 seconds
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back glide and recover to a vertical position
- Back float for 5 Seconds
- Roll from front to back and back to front
- Treading water arm and hand actions
- Alternating and simultaneous leg and arm actions on front
- Alternating and simultaneous leg and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

For more information, contact srwc.aquatics@unlv.edu

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