

Minnow (3)	Catfish (4)	Shark Award (5)
<b>Water Entry</b>	<b>Water Entry</b>	<b>Water Entry and Exit</b>
Enter water by jumping from the dock (deep water)	Headfirst entry from dock-compact position* (>9 ft deep)	Shallow-angle dive from the dock* (>9 ft deep)
Headfirst entry from dock in a sitting position* (> 9 ft deep)	Headfirst entry from dock- stride position* (>9 ft deep)	Shallow angle dive, glide two body lengths and begin any front stroke* (> 9 ft deep)
Headfirst entry from dock in a kneeling position* (> 9 ft deep)		
<b>Breath Control and Submerging</b>	<b>Breath Control and Submerging</b>	<b>Breath Control and Submerging</b>
Bobbing while moving toward safety (min 5x chest deep water)	Swim underwater (3-5 body lengths)	Tuck surface dive (completely submerge)
Rotary breathing (min 10x)	Feet first surface dive (completely submerge)	Pike surface dive (completely submerge)
<b>Buoyancy on Front</b>	<b>Buoyancy on Front</b>	<b>Buoyancy on Front</b>
Survival float (min 30 sec in deep water)	Survival swimming (min 30 sec, deep water)	-----
<b>Buoyancy on Back</b>	<b>Buoyancy on Back</b>	<b>Buoyancy on Back</b>
Back float (min 30 sec in deep water)	-----	-----
<b>Changing Direction and Position</b>	<b>Changing Direction and Position</b>	<b>Changing Direction and Position</b>
Change from vert to horiz position on front (deep water)	Front crawl open turn	Front flip turn while swimming – not able to do at Foley
Change from vert to horiz position on back (deep water)	Backstroke open turn	Backstroke flip turn while swimming – not able to do at Foley
<b>Treading</b>	<b>Treading</b>	<b>Treading</b>
Tread water (min 30 sec, deep water)	Tread water using 2 different kicks(mod scissors, mod breaststroke, or rotary) (min 2 minutes)	Tread water (min 5 minutes)
<b>Swim on Front</b>	<b>Swim on Front</b>	<b>Swim on Front</b>
Push off streamlined pos, then flutter kicking (3-5 body leng)	Front crawl (min 25 yds)	Front crawl (min 50 yds)
Push off streamlined pos, then dolphin kicking (3-5 body leng)	Breaststroke (min 15 yds)	Breaststroke (min 25 yds)
Front crawl (min 15 yds)	Butterfly (min 15 yds)	Butterfly (min 25 yds)
<b>Swim on Back</b>	<b>Swim on Back</b>	<b>Swim on Back</b>
Elementary backstroke (min 15 yds)	Push off, streamlined pos then flutter kicking (3-5 body leng)	Elementary backstroke (min 50 yds)
	Push off, streamlined pos then dolphin kicking (3-5 body leng)	Back crawl (min 25 yds)
	Elementary backstroke (min 25 yds)	Sculling (min 30 sec) <ul style="list-style-type: none"> <li>• Standard scull</li> </ul>
	Back Crawl (min 15 yds)	
<b>Swim on Side</b>	<b>Swim on Side</b>	<b>Swim on Side</b>
Scissors kick (min 10 yds)	Sidestroke (min 15 yds)	Sidestroke (min 25 yds)
<b>Water Safety</b>	<b>Water Safety</b>	<b>Water Safety</b>
Reach or Throw, Don't Go	Reach or Throw, Don't Go (Discuss/Demo) <ol style="list-style-type: none"> <li>1. Reaching assist</li> <li>2. Throwing assist</li> </ol>	How to call for help and the importance of knowing first aid and CPR (Discuss/Demo)
Think Twice Before Going Near Cold Water or Ice (Discuss/Demo)	Recreational water illnesses (Discuss)	Recreational water illnesses (Discuss)
Look Before You Leap	Think So You Don't Sink (Discuss/Demo)	Reach or Throw, Don't Go (Discuss/Demo)
	Look Before You Leap (Discuss)	Look Before You Leap (Discuss/Demo)
		Think So You Don't Sink (Discuss)
		Think Twice Before Going Near Cold Water or Ice (Discuss/Demo)
		Wave, Tide or Ride, Follow the Guide (Discuss)

*\*If water depth is not at least 9 feet, instructors SHOULD NOT teach headfirst entries.*

**Exit Skills Assessment:**

**Level 3:** Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

**Level 4:** 1). Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.

2). Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

**Level 5:** 1). Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.

2). Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.