Level 1 Intro to Water Skills									
Water Entry and Exit									
Enter and Exit water safety using ladder,steps and side									
Breath Control									
Submerge mouth, nose and eyes									
Blow bubbles through mouth and nose									
Open eyes underwater, pick up a submerged object									
Buoyancy on Front									
Supported front float									
Recover from front float to standing position									
Buoyancy on back									
Supported back float									
Recover from back float to standing position									
Changing Direction and Position									
Roll over from front to back									
Roll over from back to front									
Swim on Front									
Supported Alternating arm action									
Supported Alternating leg action									
Supported Combined arm and leg action									
Swim on Back									
Supported "finning" arm action									
Supported leg action									
Supported combined arm and leg action									
General and Personal Water Safety									
Water safety rules									
Lifejackets									
How to get help									
Exit Skills Assessment									
Enter water unassisted, move 5 yards, bob 5 times to chin level									
and safety exit water.									
Float on front with support for 3 seconds, roll to back and float									
for 3 seconds									