



## Level I: Water Exploration

**Purpose:** Orient to aquatic environment; create a sound foundation for aquatic and safety skills.

- Understand the basic water safety rules
- Know the fundamentals of using a life jacket
- Know how to handle a cramp
- Know how to get help
- Perform reaching assists without equipment
- Enter and exit water independently
- Fully submerge face for 3 seconds
- Blow bubbles
- Bounce in chest-deep water (bob) to chin level 10 times
- Walk 5 yards in chest-deep water, maintaining balance
- Float, while supported, on front & back
- Kick, while supported, on front & back
- Practice basic alternating arm action