

## Level 1

<b>Instructor's Name:</b>	<b>Participant's Names:</b>							
<b>Date:</b>	1	2	3	4	5	6	7	8
<b>Time:</b>								
Enter and exit water by stairs.								
Bobbing with whole head submerged 5 times.								
Pick up submerged itemed 2 times in shallow water. 3 seconds								
Front glide 2 body lengths.								
Back glide 2 body lengths								
Front float for 5 seconds.								
Back float for 5 seconds.								
Recover from glide to standing position on front and on back.								
Roll from front to back or back to front.								
Assisted front crawl for 2 body lengths.								
Assisted back crawl for 2 body lengths.								
Assisted kicks on front and back 2 body lengths.								
Watery safety rules								
Importance of/how to wear lifejacket.								
Jumping into chest deep water.								

**Notes:**