

### Ready Set Swim 1

This level is all about welcoming the swimmer to the joys of swimming. Lots of firsts in this level all with assistance from the instructor.

#### Skills Include:

Breathe and Blow  
Kicking  
Floating

1

### Ready Set Swim 2

This level is all about slight assistance. The swimmers begin to explore being brave in the water with slight independence.

#### Skills Include:

Breathe & Blow  
Lifejacket Safety  
Back Glide  
Front glide

2



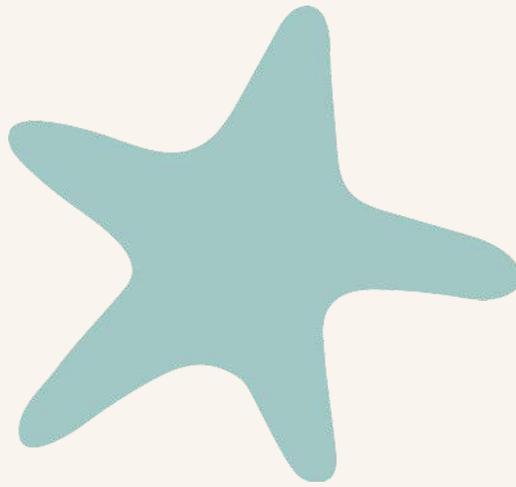
### Ready Set Swim 3

This level is all about starting the transition to swimming on their own, a little help and a little more independence. This level introduces rollover floats and has a strong focus on independent floating.

#### Skills Include:

Breathe and Blow  
Jump and Roll  
Treading Water  
Floats

3



### **Ready Set Swim 4**

This level is all about the independence. Everything that we have been building on in previous levels of setting the foundation for safety and comfort is being put to the test. Lots of safety in this level building on lifejacket safety, knowing your surroundings in and out of the water. Introduction of dolphin kick and a focus on the foundation of rollover swimming.

#### Skills Include:

Boating Safety  
Diving Safety  
Jump and Roll  
Diving  
Dolphin Kick

4

### **Ready Set Swim 5**

This level is focused heavily on building technique for front swims and back swims. Continuing with the basics and progressions we move on to a breathing focus with a swim on front, back and side. Lots of Safety review with our lifejacket mastery, 911 review and diving safety.

#### Skills Include:

First Aid Kits  
Sculling  
Front, Side, Back Rollover  
Dolphin Kick

5

## Ready Set Swim 6

This level is the final foundation of putting everything together. We add arms to front swims and we add rolls to back swims getting ready to put it all together. Whip kick is introduced while the foundation for front crawl and back crawl is being set. This level puts it all together. You will get to see a hands-on approach for learning the arms for front swims.

### Skills Include:

Lifejacket Prestige

The Big 3

Kicking

Diving

Roll

Whip Kick

6

## Ready Set Swim 7

This level is the culmination of hard work and a strong foundation. Front Crawl and Back Crawl come together for the first time. We have spent the previous 6 levels building a really strong foundation for skills and progressions with a purpose. Whip kick is continued with the introduction of whip kick on front to compliment the back whip kick.

### Skills Include:

Poisoning

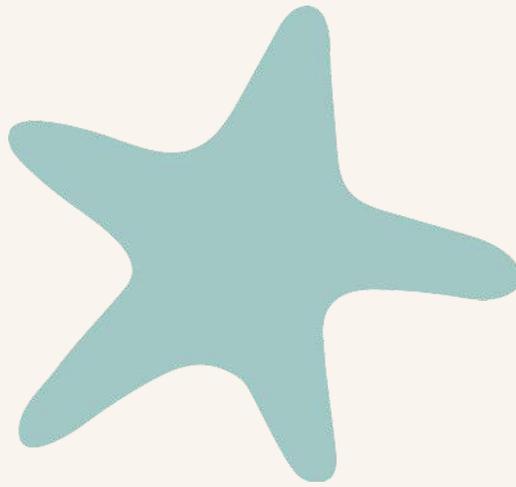
Bleeding

Tread

Whip Kick

7





### Ready Set Swim 8

This level a good balance of Ready, Set and Swims! The swimmers are actively engaged and learning and really beginning to become leaders in and out of the water. Strong emphasis on the teaching of whip kick with arms and building up endurance and technique for front crawl and back crawl.

#### Skills Include:

Rescue Skills  
Eggbeater  
Endurance Swim Combo  
Whip Kick

8

### Ready Set Swim 9

This level is sure to challenge the swimmer. Endurance and stamina are put to the test. The strong foundation that we worked so hard is really key and comes together in this level with every stroke. Front Crawl, Back Crawl, Elementary Backstroke and Breaststroke are all seen moving forward. We combine these skills with a rescuer sequence and fun drills.

#### Skills Include:

Choking Treatment  
Rescuer Sequence  
Breast Stroke  
Endurance

9

## Ready Set Swim 10

This level continues to build endurance and really strong technique. We introduce scissor kick and Butterfly in this level. Don't panic, it is just an attempt, you don't need to be Michael Phelps! Lots of reviews in the Ready and Set Sections, some travelling legs and eggbeater being key parts of this level.

### Skills Include:

911 scenarios  
Enteries  
Endurance  
Breast Stroke

10

## Ready Set Swim 11

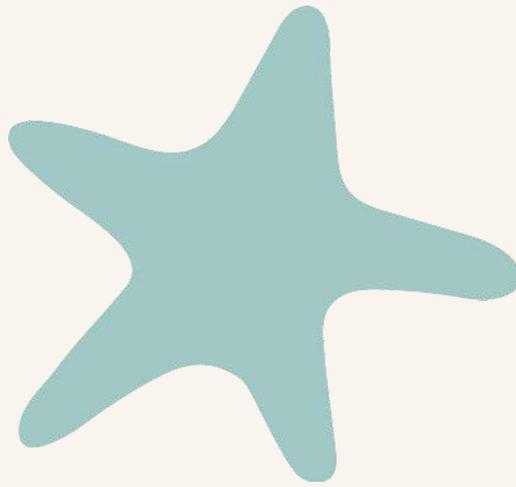
This level is the last level of new strokes. Everything else is tweaking and mastering with big outcomes. We learn sidestroke in this level, so arms and legs together for this stroke. Focus on strong pulls, small powerful kicks and lots of hard work. Lots of different entrees and exits into the water are being practiced, eggbeater and 911 scenarios.

### Skills Include:

Choking Review  
Eggbeater  
Front Crawl  
Breast Stroke  
Butterfly  
Side Stroke

11





## Ready Set Swim 12

This is the final level of our program. It is fun, challenging and rewarding. It is a jam-packed level that gives the swimmer the chance to feel strong, powerful and see how far they have come. They leave feeling accomplished, successful and safe. They are ready to be leaders in and outside of the water and they are very prepared for Life Saving programs like the Bronze Family, First Aid Courses and Babysitting Courses.

### Skills Include:

Choking Review  
External Bleeding Review  
Rescue Drill  
Compact Jump  
Sculling  
Endurance  
All Strokes

12

Ready, Set, Swim!

A smaller teal starfish graphic is positioned below the text "Ready, Set, Swim!".