

# **TESTING SKILLS – DCS SWIM LESSON PROGRAM**

*Please note: The DCS swim lesson program levels are comparable to the Red Cross (i.e. if you passed Level 2 Red Cross skills, DCS “Basic Strokes” would be appropriate). Please call Bill Ryder, Program Supervisor, at 412-487-7870 for any questions on the program.*

## **Intro to Swim (previous Level 1)**

1. Submerge mouth, nose, & eyes
2. Bob 5 times
3. Retrieve object underwater two times
4. Front and back float with support for 5 seconds
5. Flip from front to back (pancake float) w/support
6. Flip from back to front (pancake float) w/support
7. Front flutter kick (torpedo) w/ support for 15 feet
8. Front stroke with support for 15 feet
9. Back flutter kick (torpedo) w/ support for 15 feet
10. Back stroke w/ support for 15 feet

## **Beginner Skills (previous Level 2)**

1. Demonstrate submerging head, holding breath
2. Bob 5 times
3. Retrieve object underwater three times
4. Front, survival, & tuck floats for 6 seconds each
5. Back float for 10 seconds
6. Front & back glides for 15 feet
7. Flip from front to back (pancake float) on own
8. Flip from back to front (pancake float) on own
9. Treading with minimal support using arms & legs
9. Front stroke on own for 20 feet
10. Back stroke on own for 20 feet

## **Basic Strokes (previous Level 3)**

1. Perform a sitting and kneeling dive from side
2. Bob 10 times
3. Front float 15 seconds
4. Back float for 20 seconds
5. Tread water for 25 seconds in deep water
6. Front Flutter kick (torpedo) for 10 yards
7. Front crawl with rotary breathing for 10 yards
8. Elementary backstroke kick for 10 yards
9. Back Flutter kick (torpedo) on back 10 yards

## **Advanced Strokes (previous Level 4)**

1. Perform standing and kneeling dive from side
2. Tread water for 1 min, 30 sec. in deep water
3. Front crawl for 25 yards
5. Breaststroke for 25 yards
6. Butterfly kick for 10 yards
7. Elementary backstroke for 25 yards
8. Back crawl for 25 yards
9. Sidestroke for 15 yards

## **Stroke Proficiency (previous Level 5)**

1. Enter water using standing dive
2. Front flip turn, open turn from crawl/back
3. Tread water for 3 minutes in deep water
4. Front crawl 50 yards
5. Breaststroke 50 yards
6. Butterfly 25 yards
7. Elementary backstroke 50 yards
8. Back crawl 50 yards
9. Sidestroke 25 yards
10. Swim continuously using all strokes 150 yards
11. Retrieve object in deep water using feet first dive

## **Advanced Swimmer (previous Level 6)**

1. Feet first standing dive
2. Tread water for 5 minutes
3. Front crawl 75 yards using flip turns
4. Elementary backstroke 75 yards w/ open turn
5. Back crawl 50 yards using flip turn
6. Breaststroke 50 yards
7. Sidestroke 25 yards using open turn
8. Butterfly 25 yards
9. Retrieve 10 lb. object from 10 feet deep
10. Swim 25 yards with rescue tube
11. Swim 300 yards continuously using all strokes

## **Disclaimer:**

The levels include but are not limited to the listed skills.