

JCC DAY CAMP: Level 1-White
Enter water safely using ramp, steps or side
Exit water safely using ladder, steps or side
Enter water by jumping from side
Blow bubbles, 3 seconds
Front Float, 3 seconds/5 seconds
Back float, 3 seconds/5 seconds
Submerge mouth, nose and eyes
Front glide, 2 body lengths
Open eyes underwater and retrieve submerged objects (shallow water)
Recover from a front glide to a vertical position
Back glide, 2 body lengths
Recover from a back float to a vertical position
Roll from front to back w/help
Roll from back to front
Tread water using arm and hand action
Alternating leg action on front, 2 body lengths
Alternating arm action on front, 2 body lengths
Combined arm and leg actions on front, 2 body lengths
Alternating leg action on back, 2 body lengths
Alternating arm action on back, 2 body lengths
Combined arm and leg actions on back, 2 body lengths
Bobbing, 5 times
Tread water using arm and leg actions, 10 seconds

Safety Topics Level 1
Staying safe around water
Recognizing the lifeguards
Don't Just Pack It, Wear Your Jacket
Recognizing an emergency
How to call for help
Too Much Sun Is No Fun
Look before you Leap
Exit Skills Assessment*
1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water.
2. While in shallow water, glide on front for at least 2 body
3. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.
4. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for 3 body lengths.

JCC DAY CAMP: Level 2-Yellow
Enter water by jumping in (in shoulder-deep water)
Fully submerging and holding breath, 10 seconds
Open eyes underwater and retrieve submerged objects, 3 times
Bobbing, 10 times (in chest-deep water)
Front float, 5 seconds/10 seconds
Float in a face-down position - jellyfish float
Float in a face-down position - tuck float (turtle float)
Front Glide, 3 body lengths
Back float, 5 seconds/15 seconds
Back Glide, 3 body lengths
Roll from back to front
Roll from front to back
Combined arm and leg actions on front, 5 body lengths
Combined arm and leg actions on back, 5 body lengths
Change direction of travel while swimming on front or back
Finning arm action on back, 5 body lengths
Tread water, 30 seconds (in shoulder-deep water)
Rotary (side) breathing, 5 times
Front crawl (arms/pull/flutter kick with Side Breathing)
Backstroke kick
Elementary backstroke - kicks
Elementary backstroke - arms
Elementary backstroke -combined arms and legs
Introduction of Backstroke arms
Breaststroke kick
Breaststroke arms
Scissors kick

Safety Topics Level 2:
Staying safe around water
Recognizing the lifeguards
Don't Just Pack It, Wear Your Jacket
Recognizing an emergency
How to call for help
Too Much Sun Is No Fun
Look before you Leap
Reach or Throw, Don't Go
The danger of drains
Developing breath control safely
Making good decisions--choosing an exit point
Exit Skills Assessment*
1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
2. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.
Intermediate level - Red Coss: pre-school aquatics level 3/ LTS level 2 and 3

JCC DAY CAMP: Level 3-Green
Enter water by jumping in (in shoulder-deep water)
Enter water by jumping from the side (into deep water), fully submerge, then recover to the surface and return to the side
Fully submerging and holding breath, 10 seconds
Bobbing while moving toward safety, 15 times (in chest-deep water)
Float in a face-down position, 30 seconds (with breathing)
Back float, 1 minute
Tread water, 1 minute
Push off in a streamlined position on front, then begin flutter kicking, 3 to 5 body lengths
Push off in a streamlined position on back, then begin flutter kicking, 3 to 5 body lengths
Rotary (side) breathing, 10 times
Rotary (side) breathing, 15 times
Front crawl, 15 yards (arms/pull/flutter kick with Side Breathing)
Backstroke kick, 15 yards
Elementary backstroke, 15 yards
Breaststroke, 15 yards
Scissors kick, 15 yards
Push off in a streamlined position on front, then begin dolphin kicking, 3 to 5 body lengths

Safety Topics Level 3:
Staying safe around water
Recognizing the lifeguards
Don't Just Pack It, Wear Your Jacket
Recognizing an emergency
How to call for help
Too Much Sun Is No Fun
Look before you Leap
Reach or Throw, Don't Go
The danger of drains
Developing breath control safely
Making good decisions—choosing an exit point
Exit Skills Assessment*
1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
2. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.
3. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke to wall, then exit the water.
4. Tread water, 1 minute
5. Back float, 1 minute
Intermediate level - Red Cross: LTS level 3 and 4

JCC DAY CAMP: Level 4-Blue

Enter water by jumping from the side (into deep water), fully submerge, then recover to the surface and return to the side

Headfirst entry from the side in a sitting position (deep water)

Headfirst entry from the side in a kneeling position (deep water)

Tread water, 3 minutes (in deep water)

Headfirst entry from the side in a stride position

Swim underwater, 3 to 5 body lengths (without hyperventilating)

Feetfirst surface dive, submerging completely

Front crawl open turn

Back crawl open turn

Tread water using 2 different kicks - 2 minutes

Front crawl, (freestyle) 25 yards

Backstroke, 25 yards

Breaststroke, 15 yards/25 yards

Dolphin kicks, 15 yards

Butterfly, 15 yards

Elementary backstroke, 25 yards

Sidestroke, 15 yards

Shallow-angle dive from the side

Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke

Tuck surface dive, submerging completely

Front flip turn while swimming

Backstroke flip turn while swimming

Tread water, 5 minutes

Freestyle, 50 yards

Safety Topics Level 4:

Staying safe around water

Recognizing the lifeguards

Don't Just Pack It, Wear Your Jacket

Recognizing an emergency

How to call for help

Too Much Sun Is No Fun

Look before you Leap

Reach or Throw, Don't Go

The danger of drains

Developing breath control safely

Making good decisions—choosing an exit point

How to call for help

Think Twice Before Going Near Cold Water or Ice

Exit Skills Assessment

1. Perform a shallow-angle dive into water at least 8 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards

using appropriate and efficient turning styles throughout.

2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

3. IM - 4 strokes

Advanced: Red Cross LTS level 4, 5 and 6

Breaststroke, 25 yards
Butterfly, 25 yards
Elementary backstroke, 50 yards
Backstroke , 50 yards
Standard scull, 30 seconds
Sidestroke, 25 yards
Introducing IM (Butterfly, Backstroke, Breaststroke, and Freestyle)