The Turtle Advanced Beginner Level is designed as the foundation for fundamental water skills for children 5-9 years old. Children will become familiar with and learn basic swimming skills. Below are the skills covered during Turtle Swim Lessons.

**Prerequisite:** Demonstration of Penguin skills.

### Water Entry and Exit
Enter and exit water safely using ladder, steps, or side unassisted

### Breath Control and Underwater Swimming
- Submerge entire head, Bobs
- Open eyes underwater, pick up submerged object

### Buoyancy on Front and Back
- Maintain front and back float positions (face in water for front)
- Recover to standing position from front and back float
- Front and back glide

### Changing Direction and Position
- Change direction of travel while paddling on front or back
- Roll over from front to back; back to front

### Treading Water
- Use arm and hand movements

### Swim on Front and Back
- Combined stroke on front and back
- Finning & Sculling arm action
- Alternating and simultaneous leg action on side

### General and Personal Water Safety
- Water safety rules
- How to use and wear a lifejacket in the water
- How to recognize a swimmer in distress
- How to get help