

Entries and Exits:

Jump into chest deep water

- Have swimmers check the water for depth and safety
- Enters water with a feet first jump
- Controlled return to surface and exits safely

Underwater Skills:

Open eyes underwater/submerge

- Child is encouraged to submerge and open their eyes underwater—use colourful sinking toys, or hold up different shapes underwater for them to identify

Weight Transfer

- Child experiments with buoyancy and gravity by retrieving objects from the bottom, touches the bottom of the pool with different body parts, tries doing handstands, somersaults, log rolls etc.

Blowing bubbles/rhythmic breathing 5 times

- Child submerges head and blows bubbles from mouth and/or nose, inhales at the surface and submerges to blow another set of bubbles
- Continues till 3 to 5 sets of bubbles have been done

Staying Safe

PFDs Activities

- Wearing an appropriate PFD for size/age that's properly fastened the child jumps into chest deep water
- Foot first entry, jumping away from the wall, then returning to the wall and climbing out
- Child should know when they should wear a PFD—when in a boat, etc.

Roll-over floats with PFD's

- Child floats on front and back in their PFD's,
- Child experiments with rolling from their front to their back, and then back to front in their PFD

Movement/Swimming

Front float and recovery

- Child does a float on their front in a stable position, face in the water, relaxed with no movement for 3 sec.
- Recovers to a stand
- Skill done without goggles

Back float and Recovery

- Child does a float on their back in a stable position, ears in the water, relaxed with no movement for 3 sec.
- Recovers to a stand

Front Glide 2 m

- Child glides on their front, face in water, arms extended beyond head
- Glides for at least 2 m comfortably, stretched and straight
- Recovers to a stand
- Instructor may assist in starting the glide

Back Glide 2 m

- Child glides on their back, ears in water, arms along sides of body
- Glides for at least 2 m comfortably, stretched and straight
- Recovers to a stand
- Instructor may assist in starting the glide

Front Glide with kick 3 m

- Child assumes a front glide position and performs a basic flutter kick motion for at least 3 m
- Face in the water, arms extended in front of head, body approaching horizontal
- Recovers to a stand

Back Glide with kick 3 m

- Child assumes a back glide position and performs a basic flutter kick motion for at least 3 m
- Ears in the water, arms held alongside the body, body approaching horizontal
- Recovers to a stand

Safety Messages

Within Arms Reach

- Child learns to wait for instructor's permission before entering the water, they should stop at the edge of the pool, look for the adult/instructor and ask permission to enter

NOTES:

- Instructors—keep swimmers active and wet!
- Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.
- While performing jump in entries, encourage swimmers to bend knees and absorb the shock of impact, as well as jump away from walls, never toward them.