

Entries and Exits:

Slip into deep water

- Child sits on the edge of the pool, while still holding the edge with their hands they turn and slide their body down into the water
- The child can be encouraged to submerge and blow bubbles, and allow their bodies to float while hanging onto the edge
- Child climbs out and sits on edge

Underwater Skills:

Submerge and hold breath

- Child submerges entire body and holds their breath for 3 sec.

Weight Transfer in waist deep water

- Child picks up objects from the bottom of pool, submerging their face, and using their hands to get the object
- Child tries hand stands, or putting various body parts on the bottom of the pool

Rhythmic Breathing 5 times

- Child submerges and blows bubbles, comes to the surface to inhale; repeats 5 times continuously
- Effective exhalation and inhalation, done at a normal breathing rate
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Staying Safe

Surface Support 5 sec

- Child uses any arm and leg movements to keep their head above the water for 5 sec.
- Returns to the edge safely

Jump into deep water wearing a PFD

- Wearing an appropriate PFD properly done up (zip-pers, buckles, etc) child jumps into deep water
- Foot first entry
- After surfacing, child returns to the side of the pool and climbs out

Movement/Swimming

Front float and recovery 5 sec

- Child assumes stable position on front, face in water, comfortably floats for 5 sec.
- Experiment with floating in different shapes—starfish, pencil, ball
- Recovers to a stand

Back Float and Recovery 5 sec

- Child assumes a stable position on back, face out of the water, comfortably floats for 5 sec
- Experiments with different shapes—starfish, soldier
- Recovers to a stand

Roll over floats in chest deep water

- Child starts in a front float face in water, for 3 sec. then rolls onto their back and stays floating comfortably for another 3 sec.
- Child starts in a back float, ears in water, for 3 sec. then rolls onto their front, face in water, and stays floating for 3 sec.
- Recovers to a stand after each roll over float

Front Glide with kick 3 m

- Child glides on their front, face in the water, arms extended in front of head and kicks their legs in a basic flutter kick for 3 m
- Recovers to a stand

Back Glide with kick 3 m

- Child glides on their back, ears in the water, arms along sides of body and kicks their legs in a basic flutter kick for 3 m
- Recovers to a stand

Roll-over glides, 5 sec.

- Child starts in a front glide (face in water, arms extended in front of head) for 3 sec then rolls onto their back (ears in water and arms at sides) and either keeps gliding or floats
- Child starts in a back glide for 3 sec then rolls onto their front and either keeps gliding or floats
- Recovers to a stand after each roll-over glide

Roll-over glides with kick, 5m

- Child starts in a front glide with a kick then rolls to their back and continues gliding and kicking
- Child starts in a back glide with a basic flutter kick then rolls to their front and continues gliding and kicking.

Safety Messages

Wear a Lifejacket/PFD

- Child can identify 2 situations where PFD/Lifejacket should be worn—playing around water, in a boat

Within Arms Reach

- Child understands the importance of having an adult nearby when swimming, that they have to make sure the adult is in the water first and is watching them swim

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.