Entries and Exits:

Jump into deep water, return to side of pool, exit
- Foot first entry, controlled return to surface, safe return to side, climbs out of pool

Surface Support 10 sec:

- Uses any arm and leg movements to keep their head above water for 10 sec.

Underwater Skills:

Recovers objects in chest deep water
- Uses hands to retrieve objects from the bottom of the pool
- Face in the water, and/or completely submerged
- Opens eyes to find objects

Rhythmic breathing 10 times
- Exhales underwater through mouth and/or nose and inhales through mouth just above the surface
- Breathing should be rhythmic and relaxed with noticeable and effective exhalation and inhalation on EACH repetition

Staying Safe

Wearing a PFD in deep water
- Child puts on an appropriate PFD doing up all the zippers and buckles
- Child enters deep water by jumping
- Child explores movement in deep water wearing the PFD—floating, kicking, swimming
- Returns to side and exits

Front to back and swim
- Child floats on their front, then rolls to their back and kicks for 5 m
- This can be done in chest deep water

Movement/Swimming

Front Flutter kick 5 m
- Flutter kick on front, alternating up and down leg motion, toes pointed, arms extended beyond head, face in water, underwater exhalation
- Distance completed

Back Flutter kick 5 m
- Flutter kick on back, alternating up and down leg motion, toes pointed, arms at sides, ears in the water, relaxed breathing
- Distance completed

Side glide 3 m (assisted)
- Body on preferred side, bottom arm extended above head, ear resting on arm, other arm resting alongside body
- May use buoyant devices such as dumbbells or floating foam toys to assist,
- Glides for 3m

Front Swim 5 m
- Swims with face in the water, body approaching horizontal
- Uses alternating arm action; propulsive flutter kick with alternate up and down leg motion

Fitness

Flutter kick with buoyant object 5 m
- Using a kick board or other buoyant object child flutter kicks for 5 m

Safety Messages

Within Arm's Reach
- Child stops at the edge of water and looks to find an adult, asks permission to enter the water and stays close to the adult
- Child can look for other adults who can also help—lifeguards

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.

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Tri Leisure Centre