

## **Surface Support 10 sec:**

- Child uses any arm and leg motion to keep head above water for 20 sec

## **Underwater Skills:**

### **Submerge and hold breath 3 sec**

- Child submerges body and holds breath for 3 sec

### **Rhythmic breathing 10 times**

- Child does relaxed rhythmic breathing 10 times with good exhalation underwater and inhalation above water
- Child tries to do it in a side breathing position—side glide to front glide, either standing on the bottom or while gliding through the water

## **Staying Safe**

### **Jump, tread, and swim**

- Wearing a PFD, properly done up, child jumps into deep water, treads water for 20 sec. then swims or kicks for 5 m

## **Movement/Swimming**

### **Front Flutter kick 7 m**

- Body on front in a streamlined position: arms extended over- head, face in water
- Flutter kicks with alternating up and down leg motion, toes pointed, effective propulsion
- Distance completed

### **Back Flutter kick 7 m**

- Body on back in a streamlined position, arms at sides, ears in the water
- Flutter kicks with alternating up and down leg motion, toes pointed, effective propulsion
- Distance completed

### **Roll over glide with kick 10 m**

- Child starts on front, body streamlined, arms extended over-head, face in water, flutter kicks for 5 m then rolls onto their back, arms at sides, ears in the water and continues to flutter kick for 5 m
- Child exhales while on front, and inhales when they roll onto their back

### **Flutter kick on side 3 m**

- Child on side, bottom arm extended forward, ear/head resting on arm, other arm alongside of body
- Performs a propulsive flutter kick- alternating back and forth leg motion originating from the hips, for 3 m

### **Front swim 10 m**

- Swims on front with face in the water, body approaching horizontal
- Flutter kick with legs moving in opposite up and down motion, originating from hips
- Arms alternating with overarm recovery and underwater pull
- Breathes to the side, keeping ear in water, takes 1 breath as needed
- Completes the distance

### **Back Swim 5 m**

- Body on back with ears in the water, body approaching horizontal
- Flutter kicks with legs moving in opposite up and down motion, originating from hips
- Arms can move alongside the body in either a sculling type motion or a finning motion
- Distance completed

## **Fitness**

### **Flutter kick with buoyant object 10 m**

- Child flutter kicks for 10 m using any buoyant aid—kick board, dumbbell, noodle, etc.

## **Safety Messaging**

### **When and where to swim**

- Child knows it's safe to swim with adult permission and supervision
- They should check the water for depth, safety
- They should swim with a buddy, in lifeguard supervised areas, in daylight and good weather

## **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.