

Entries and Exits:

Jump into chest deep water (unassisted)

- Foot first entry and controlled return to surface
- Encourage swimmers to bend knees and absorb the shock of impact, also to jump away from walls, never toward them

Slip into deep water (with PFD), exit

- Put on an appropriate size of PFD correctly with all zippers and buckles done up
- Slips into deep water, from a sitting position, wearing a pfd.
- Explores flotation and movement in deep water
- Exits safely

Jump into Deep water (with PFD)

- Appropriate PFD correctly donned and fastened on land
- Foot first entry and controlled return to surface

Underwater Skills:

Hold Breath underwater 5 sec.

- Entire body submerged with lungs full of air
- Minimum time met

Submerge Head and exhale 5 times

- Entire body submerged
- Controlled exhalation underwater 5 times, exhales through mouth and nose

Open eyes underwater

- Full face submerged with eyes open

Surface Support:

Tread water 30 sec. wearing PFD

- Vertical body position
- Mouth and nose above surface
- Sculling action of hand generates support
- Continuous kick
- Minimum time met

Movement and Swimming Skills:

Front and back floats

- Front and back floats for 5 sec. each
- Floats should be relaxed, faces in the water on the front, ears in the water on the back

Roll over floats back to front

- Begin in front or back float position
- Controlled lateral (log roll) rollover: roll front to back, roll back to front
- Body remains horizontal

Front Glide 3 m

- Glide on front with face in water, arms extended beyond head, hands together, ears touching arms
- Underwater exhalation
- Minimum distance completed

Flutter Kick on Front 5 m

- Appropriate streamlined body position
- Propulsive, rhythmic flutter kick with alternating up and down leg motion
- Minimum distance completed

Back Glide 3 m

- Ears in water, arms by sides
- Minimum distance completed

Flutter Kick on Back 5 m

- Appropriate streamlined body position
- Propulsive, rhythmic flutter kick with alternating up and down leg motion
- Minimum distance completed

Side Glide 3 m

- Body on side, bottom arm extended beyond head, top arm by side, head resting on bottom arm
- Minimum distance completed

Front crawl 5 m wearing PFD

- Body on front
- Alternate arm action
- Propulsive, rhythmic flutter kick with alternating up and down leg motion
- Minimum distance completed

Fitness Challenge

Fitness Challenge (optional, but encouraged)

- Flutter Kick with board 10 m
- Distance Swim 5 m

Water Smart Messages

- Swim with a buddy, adult supervision
- Wear a lifejacket. [How to get Help, EMS/9-1-1]

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.