

Entries and Exits:

Enter and Exit Shallow Water

- Foot first entry—wading in, slipping in, etc.
- Safe movement and control during entry and exit
- Select safe water depth based on swimmer's height
- Teach swimmers to check for hazards before entering
- Use a variety of points to enter and exit the water (e.g. ladder, beach, etc.)

Jump into chest deep water (assisted)

- 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 towards them
- Teach swimmers importance of determining if the water is deep enough and free of hazards

Underwater Skills:

Submerge Head / Hold breath underwater 5 sec.

- Entire body submerged
- Encourage eyes open, no nose plugging
- Minimum time met (5 sec.)

Open eyes underwater

- Full face submerged with eyes open
- Skill performed without goggles

Submerge and exhale through mouth and nose 3 times (attempted)

- Entire body submerged
- Exhales (blows bubbles) through mouth and nose underwater 3 times, inhales just above surface of water

Movement and Swimming Skills:

Front Float and recovery 3 sec

- Finds a stable floating position on front, face in water
- Holds a relaxed/comfortable float for 5 s
- Recovers to a stand

Back Float and Recovery 3 sec

- Finds a stable floating position on back with ears in the water
- Holds a relaxed/comfortable float for 5 s
- Recovers to a stand (looks at toes, drops bum into a sit position, puts feet on the bottom to stand)

Front Glide 5 sec.

- Glides on front, face in water, comfortably
- Arms extended beyond head in streamlined body position, hands together, ears touching arms
- Recovers to a standing position

Back Glide 5 sec. (assisted*)

- Glides on back with ears in the water
- Arms by sides in a streamlined body position
- *Instructor may assist in starting the glide

Side Glide 5 sec. (assisted*)

- Glides on side – bottom arm extended beyond head, top arm resting on side, head resting on bottom arm
- May use flotation devices (dumbbells), or instructor may assist in starting the glide

Front Glide with Kick 3 m

- Performs front glide with basic flutter kick—streamlined body position
- Propulsive, rhythmic flutter kick with alternate up and down leg motion
- Minimum distance completed

Front Swim 5 m

- Swims on front with any arm and leg action
- Minimum distance completed.

Water Smart Messages

- Swim with a Buddy – Never swim alone, always with a parent, teacher, and/or adult

NOTES:

- Instructors—keep swimmers active and wet!
- Swimmers will demonstrate skill or stroke 3 times 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.