

Swimmer 2 | Beginner

Entries and Exits:

Jump into Deep water, return to safety, exit

- Foot first entry, jumping away from the wall
- Controlled return to surface and safe return to side

Underwater Skills:

Rhythmic breathing, 10 times,

- Child submerges head and exhales, inhales at the surface; repeats 10 times
- Good exhalation and inhalation on each repetition

Weight transfer

- Floating in different positions (pencil, ball, tuck, etc.); putting different body parts on the bottom of the pool

Movement and Swimming Skills:

Flutter kick on front 10 m

- Appropriate streamlined body position, arms extended in front of head with hands together, ears touching arms, face in the water
- Propulsive, rhythmic flutter kick, alternating up and down motion from the hips, slight knee bend
- Minimum distance completed

Flutter Kick on back 5 m

- Appropriate streamlined body position, arms at sides, ears in the water
- Propulsive, rhythmic flutter kick, alternating up and down leg motion from the hips, slight knee bend
- Minimum distance completed

Roll-over glides with kick

- Starting on front, kicks for 5 m rolls over onto the back and continues gliding/kicking for another 5 m
- Starting on back, kicks for 5 m then rolls to front and continues kicking for another 5 m

Flutter kick on side for 5 m

- Appropriate streamlined body position, bottom arm extended in front of head, top arm resting at side of body, head resting on the bottom arm
- Propulsive rhythmic flutter kick, alternating forward/backward leg motion from the hips, slight knee bend
- Minimum distance completed

Front Swim 10 m

- Body on front, face in the water
- Flutter kick, alternating up and down leg motion, kicking from the hips
- Alternate arm action, moves arms opposite to each other, arms coming out of the water
- Breathing pattern with underwater exhalation, and turning head to side to inhale
- Minimum distance met

Back Swim 5 m

- Body on back
- Alternate arm action, recovery above the water, reaching in front of the head, hand enters the water and pulls past the hips
- Propulsive, rhythmic flutter kick with alternate leg drive near the surface
- Relaxed breathing

Fitness:

Interval Training: 4x5 m flutter kick with 20 sec. rest

- May use a kick board
- Flutter kicks for 5 m, stops to rest for 20 seconds, repeats 4 times

Distance Swim Challenge (optional, but encouraged) 15 m

- Swims on front or back using any arm and leg movement
- Distance completed

Water Smart messages:

When and where to swim

- Swims with a buddy, and/or adult supervision
- Check water conditions and identify hazards: depth of area, cloudy water, boating area, etc.
- Knows swimming ability
- Understands the importance of letting someone know where they are going
- Check the weather, too much sun, too cold, swimming too far from safety

Swim to Survive:

Deep water activities

- Explores floatation and movement in deep water (floats, glides with kick)
- Surface support: front float 5 sec., back float 5 sec., swim/tread/float for 10 sec.

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.