

# Swimmer 3 | Advanced

## Entries and Exits:

### **Kneeling Dive into deep water**

- Headfirst entry from a position on one knee with controlled return to surface
- Encourage tucked chin and hands above head

### **Forward Roll entry into deep water**

- Controlled entry and return to surface
- Ensure safe depth, and distance from edge

## Underwater Skills:

### **Handstand in Shallow water**

- Hands on bottom; feet off bottom
- Head fully submerged

### **Front Somersault in water**

- Forward roll with “head over heels” rotation

## Surface Support:

### **Tread water 30 sec.**

- Vertical body position
- Mouth and nose above surface
- Supportive and continuous arm and leg action
- Minimum time met

## Movement and Swimming Skills:

### **Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m**

- Appropriate streamlined body position
- Continuous rhythmic flutter kick initiated from hips, slight knee bend, feet relaxed
- Controlled change from back to front
- Minimum distance completed, in both positions

### **Flutter kick on front 5 m, reverse direction, and flutter kick on back 5 m**

- Appropriate streamlined body position
- Continuous rhythmic flutter kick initiated from hips, slight knee bend, feet relaxed
- Controlled change from back to front
- Minimum distance completed, in both positions

### **Whip Kick on Back 10 m**

- Body on back
- Kick is simultaneous and symmetrical; heels recover towards buttocks, [feet flex and toes turn out for the kick]
- Legs drive with knees slightly apart, feet wider than knees, [push water with insides of feet, pause at the finish of the drive in streamlined position]
- Minimum distance completed

### **Front Crawl 15 m**

- Body on front, streamlined and horizontal
- Alternate arm action with overarm recovery and underwater pull; [pulls with hands to shoulder level and pushes past hips]
- Continuous rhythmic flutter kick initiated from hips, slight knee bend, feet relaxed
- Regular breathing pattern to the side with underwater exhalation [and keeping 1 ear in the water when breathing to the side]

### **Back Crawl 15 m**

- Body on back, streamlined position
- Rolls body as 1 unit (shoulders, hips, and toes); maintains a neutral head position
- Alternate arm action with overarm recovery, and underwater pull
- Hand drive finishes at thigh, recovery straight and high above the water, entry beyond the shoulder
- Continuous rhythmic flutter kick initiated from the hips, slight knee bend, relaxed feet
- Relaxed breathing

## Fitness:

### **Interval Training: 4x15 m flutter kick, rest 20 sec**

- Flutter kick for 15 m, may use kick board
- Rest 20 sec.
- Repeat 4 times

### **Distance Swim Challenge (recommended)**

- Swim 50 m front crawl or back crawl without stopping

## Water Smart Messages

### **How to be a safe Boater: prepare, stay safe, survive**

- Shows how to prepare before getting into a boat
- Wear a lifejacket, candidates choose and puts on an appropriate PFD, and knows why a whistle should be attached
- Knows other required equipment: “lifejacket, whistle, bucket, rope and light, Remember your paddle and you’ll be alright”

## Swim to Survive:

### **Jump into deep water, tread 30 sec. and swim/kick 25 m**

- Completion of skills in a continuous sequence
- Distance and time requirements completed

## 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.