Entries and Exits:

Disorienting entries—forward rolls, side rolls
- To develop ability to reorient self after an unexpected entry
- Controlled entry and return to surface

Underwater Skills:

Swim underwater
- Perform underwater swim in chest deep water
- Body fully submerged throughout
- Distance completed

Rhythmic breathing 20 times (2 ways)
- Effective exhalation underwater and inhalation just above surface, rhythmic and relaxed
- Performs at least 2 different ways—deep water bobbing, while kicking with a kickboard, etc.

Surface Support:

Tread water 45 sec.
- Vertical body position
- Head out of the water, mouth and nose above surface
- Supportive and continuous arm and leg action—encourage a broad sculling action of the arms originating from the elbow
- Minimum time met

Movement and Swimming Skills:

Whip kick on back 15 m
- Body on back, face above surface
- Recovers legs symmetrically by bending knees (knees slightly apart) and dropping heels toward buttocks, flexes feet as heels drop
- Leads movement with heels, drawing a circle, and pushing water with insides of feet
- Straightens legs as they come together

Whip kick on front 5 m
- Body on front
- Kick is simultaneous and symmetrical, heels recover towards buttocks, flexing feet as heels move toward buttocks

- Legs drive with knees apart, drawing a circle with the heels leading, feet wider than knees and flexed, pushing water with insides of feet
- Minimum distance completed

Front Crawl 25 m
- Body on front; streamlined and horizontal
- Alternate arm action with overarm recovery above the water and underwater pull—pull with hands to shoulders then pushes past hips
- Continuous rhythmic flutter kick initiated from hips, slight knee bend, feet relaxed
- Regular breathing pattern to side keeping 1 ear in the water and exhaling underwater

Back Crawl 25 m
- Body on back, streamlined position
- Rolls body as 1 unit (shoulders, hips, toes), head neutral
- Alternate arm action with overarm recovery; and underwater pull
- Hand drive finishes at thigh, recover straight and high above surface, entry beyond shoulder
- Continuous, rhythmic flutter kick initiated from hips, slight knee bend, feet relaxed
- Relaxed breathing

Elementary Back Stroke 10 m (attempted)
- Body on back, face above surface, keeps back, hips, and thighs nearly straight just below surface of water
- Recovers legs symmetrically by bending knees (knees slightly apart) and dropping heels toward buttocks, flexes feet as heels drop
- Leads movement with heels, drawing a circle, and pushing water with insides of feet
- Slides hands slowly up sides of body as heels drop toward buttocks
- Reaches arms outward at head height, fingers leading and elbows remaining bentPresses with hands and forearms toward feet as legs kick
- Glide until momentum slows

Fitness:

Interval Training: 4x25m front or back crawl, r. 20 s
- Swim 25 m either front crawl or back crawl, stop, rest 20 sec.
- Repeat 4 times
- Teach swimmers to be aware of and control their pace during training
- Front crawl/Back crawl must sees

Distance Swim Challenge 75 m (optional)
- Swim continuously for 75 m using any stroke or combination of strokes

Water Smart Education

Causes of boating incidents
- Identifies 3 causes of boating related drowning—drinking alcohol while boating, not wearing a PFD/lifejacket while boating, overloading the boat, standing up in the boat
- Identifies safe boating weather and how to check the weather report

Swim to Survive:

Jump into deep water and tread water 1 min & swim 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.

SWIM FOR LIFE®
LIFESAVING SOCIETY

TransAlta
Tri Leisure Centre