



Swim Program - Core Content

BOBBERS

Learner Outcomes

- Attendance is regular
- Enters into activities enthusiastically
- Is happy in the water

Safety Education and Awareness

- Familiar with water safety and knows hazards
- Basic safety rules and safety sounds
- Understands difference between floating and sinking objects
- Understands calling for help

Entering and Exiting the Water

- Enter water, assisted
- Exit water
- Enter using stairs or ladder
- Enter from side of pool
- Jumps into chest-deep water, assisted

Breath Control

- Blows bubbles holding Instructor, adult, or side of pool
- Puts face in water through progressions
- Bobs holding instructor, adult, or side of pool
- Blows bubbles while bobbing
- Retrieves object in chest-deep water
- Holds wall, kicks, blows bubbles

Floating and Surface Support

- Front float, assisted
- Back float, assisted

Movement Through the Water

- Move through chest-deep water
- Front tow with PFD
- Front tow with PFD
- Front tow kicking legs and moving arms
- Back tow with PFD
- Front glide, assisted
- Back glide, assisted