



Swim Program - Core Content

BUBBLERS

Learner Outcomes
• Attendance is regular
• Enters into activities enthusiastically
• Is happy in the water
Safety Education and Awareness
• Adult understands rules and area
• Children and adults have had a facility/pool tour
• Adult understands the role of the lifeguard
• Adult understands safe swimming with their child
• Child understands the difference between things that float and things that sink
• Child understands reaching assists
• Adult understands reaching assists
• Adult understands differences between lifejackets and PFDs
• Child and adult understand the dangers of water
Entering and Exiting the Water
• Enter shower room and pool area
• Kick feet in water from side
• Jump in while holding adult's hands
• Exit pool using a variety of methods
• Ladder entry assisted
• Ladder exit assisted
• Enter from sitting position assisted
• Enter from kneeling position assisted
• Patiently sit on side of pool

• Climb into and out of pool with supervision
Breath Control
• Comfortable getting face wet
• Blow bubbles holding instructor or side of the pool
• Bob holding instructor or side of the pool
• Blow bubbles while bobbing
• Retrieve object in shallow water
• Hold wall, kick legs, blow bubbles
Floating and Surface Support
• Attempt front float, face in, assisted
• Front float with one hand for support
• Attempt back float, assisted
• Back float with one hand for support
• Float with PFD/buoyant aid
Movement Through the Water
• Take part in circle games while being held
• Enjoy towing front and back
• Enjoy towing on back with a buoyant aid or PFD
• Front tow, splashing arms
• Front tow, splashing feet
• Front tow, splashing arms and feet
• Back tow, splashing arms
• Back tow, splashing feet
• Back tow, splashing arms and feet
• In water, push off side with feet