



Swim Program - Core Content

DIVERS

Learner Outcomes
• Attendance is regular
• Enters into activities enthusiastically
• Is happy in the water
Safety Education and Awareness
• Understands hazards of bodies of water
• Basic boating safety
Entering and Exiting the Water
• Jumps into deep water, assisted
• Jumps into deep water with PFD
• Jumps into deep water
• Sitting/kneeling dive, assisted
Breath Control
• Introduction to side breathing
• Deep-water bobs
• Retrieve object from bottom in chest-deep water
Floating and Surface Support
• Front float to back float
• Front float and recovery in deep water
• Back float and recovery in deep water
• Surface support in deep water, 10 seconds

Movement Through the Water
• Front glide with kick, 5m
• Roll from front glide to back float
• Roll from back glide to front float
• Side glide with kick, both sides
• Front glide, roll over, back glide
• Front glide with kick, deep water, 5m
• Back glide with kick, deep water, 5m
• Front swim with arm action, kick 10m
• Back swim with arm action, kick 10m