



Swim Program - Core Content

DOLPHIN



Submersion

- Swim underwater for 1.5m (may push off wall or bottom)

Kicking and Gliding

- Kicking: vertical, in deep end, body in vertical alignment head-hips-toes, shoulders at surface or out of water (may use arms) for 10 seconds.
- Back Glide Kicking (arms at sides) for 10 m
- Side Glide Kicking: face pointing to bottom for 3 m
- Side Glide Kicking: face pointing to ceiling for 5 m
- Front Glide Kicking for 3 m, roll to side glide, kicking face pointing to ceiling for 5 m

Endurance

- Back glide kicking one arm beside ear, straight forward of head, one arm at side, 10m
- Slide glide kicking, face pointed towards bottom, 2m (no breathing)
- Slide glide kicking, face pointed towards ceiling out of water, 10m
- Front glide kicking, right arm straight up beside ear, left arm at side, for 2 m, roll left shoulder and hip out of water into a side glide kicking for 2 m, left elbow exits the water, and hand reaches forward of the head as the body rolls back into a front glide kicking. Repeat sequence 3 times (total distance is about 12 m)
- Front glide kicking, left arm straight up beside ear, right arm at side, for 2m, roll right shoulder and hip out of water into a side glide kicking for 2m, right elbow exits the water, and hand reaches forward of the head as the body rolls back into a front glide kicking. Repeat sequence 3 times (total distance is about 12 m)
- Back glide kicking left arm beside ear and reaching straight past head, right arm at side, for 2 m, right shoulder and hips to surface of water into a side glide for 1 m, straight right arm comes out of water and moves beside ear reaching straight past head, left arm moves to left side as body rolls into a back glide. Repeat using right arm. Repeat entire sequence 3 more times (total distance is about 18m).



Swim Program - Core Content

DOLPHIN



Deep Water Skills (water is over the child's head)

- Start 1m away from wall, touch the bottom with feet, in water 1.5m deep (movements resemble a foot first surface dive), surface and swim to wall.
- Start 1 m away from wall, submerge whole head and exhale, surface and inhale 5 times without stopping (5 bobs), and then swim to the wall
- Vertical position, relaxed, face out of the water for 30 seconds (may use arms or legs or both)

Skills

- Head first sculling on back for 3m – may lightly kick to help body stay streamlined

Optional Criteria (Learn 3 to complete)

- Kneeling dive
- Swim 25m in a PFD wearing shirt and pants
- Backward somersault
- Put PFD on in deep water
- Recover an object in water 1.5 m deep
- Cross country ski motion in deep water for 5m wearing a lifejacket or flotation belt.
- Water Safety appropriate to community and season.