



Swim Program - Core Content

FLOATERS

Learner Outcomes

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

Safety Education and Awareness

- Basic safety and safety sounds
- Understands difference between floating and sinking objects
- Know how to wear PFD's
- Understands calling for help

Entering and Exiting the Water

- Jumps into chest-deep water wearing PFD
- Jumps into chest-deep water

Breath Control

- Bobs unassisted
- Bobs 5 times in chest-deep water
- Opens eyes underwater
- Retrieves object with a bob
- Holds wall, kicks, face in water

Floating and Surface Support

- Front float and recovery
- Back float and recovery with buoyant aid
- Back float and recovery
- Surface support, chin-deep water 10 seconds

Movement Through the Water

- Front swim with PFD 10m
- Back swim with PFD 10m
- Front glide with buoyant aid
- Front glide
- Introduction to side glide
- Back glide with buoyant aid
- Front glide, kick, face in water 3m with buoyant aid
- Back glide, kick, 3m with buoyant aid