



Swim Program - Core Content

GLIDERS

Learner Outcomes
• Attendance is regular
• Enters into activities enthusiastically
• Is happy in the water
Safety Education and Awareness
• How and when to wear PFD's
• Introduction to boating safety
• Deep water awareness
• Accessing emergency response
Entering and Exiting the Water
• Jumps into deep water with a PFD
• Jumps into deep water, assisted
• Introduction to sitting dive, assisted
Breath Control
• Bobs 8 times in chest-deep water
• Introduction to deep water bobs, assisted
• Retrieves object in chest deep water, assisted
• Holds wall, kicks, face in water
Floating and Surface Support
• Front float and recovery in chest deep water
• Back float and recovery in chest deep water
• Front float in deep water, assisted
• Back float in deep water, assisted
• Introduction to deep water surface support

Movement Through the Water
• Front swim with PFD, 15m in deep water
• Back swim with PFD, 15m in deep water
• Front glide, kick, in chest deep water, 3m
• Back glide
• Back glide, kick, in chest deep water, 3m
• Side glide with kick, both sides, assisted
• Front swim using arms and legs, 5m
• Back swim using arms and legs, 5m