



Swim Program - Core Content

SPLASHERS

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
Entering and Exiting the Water
• Enter shower room and pool area
• Kick feet in water from side
• Enter from a sitting position, assisted
• Jump in while holding adult's hands
• Jump in using buoyant aid
• Exit pool using a variety of methods
Breath Control
• Comfortable getting face wet
• Splashes water and gets face wet
• Imitate adult blowing bubbles
• Put face in water through progressions

Floating and Surface Support
• Attempt front float, assisted
• Attempt front float, face in, assisted
• Attempt front float with one hand for support
• Attempt back float, assisted
• Float with PFD/buoyant aid
Movement Through the Water
• Runs, jumps, walks or swim changing direction or pace
• Take part in circle games while being held
• Splashing with hands or feet
• Enjoy towing front and back
• Enjoy towing 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