



# Swim Program - Core Content

STAR 1



## Strokes

Elementary Backstroke: Initial Standard for 15m

- Whip Kick on back: chest, hips, knees kept at the surface throughout
- Whip Kick on back: legs move symmetrically
- Whip Kick on back: feet flexed, pushes with feet and inside of leg on whip
- Whip Kick on back: feet are wider than knees on whip
- Whip Kick on back: Glide after each kick

Front Crawl: Initial Standard for 15m

- Shoulders, hips and legs roll together
- Breathing is coordinated with roll
- Hand is lower than the elbow on the recovery
- Elbows exit water first on recovery
- Hand enters smoothly in line with shoulder as body rolls
- Head, shoulders, hips, legs and feet are just below surface
- Knees and ankles are loose and relaxed
- Flutter kick is continuous side to side
- Flutter kick originates from the hip

Back Crawl: Initial Standard for 15m

- Shoulders, hips and legs roll together
- Hand enters smoothly in line with shoulder as body rolls
- Arms recover clear of water, little finger enters first
- Head, shoulders, hips, legs and feet are just below surface
- Knees and ankles are loose and relaxed
- Flutter kick is continuous side to side
- Flutter kick originates from the hip

## Endurance

- Head First Sculling on back 15 m
- Front Crawl Initial Standard (as listed in Swimmer level) 25 m, Back Crawl Initial Standard (as listed in Swimmer level) 25 m and 25 m choice of any stroke or skill (for example back glide kicking, head first sculling, side glide kicking or whip kick).
- Jump into deep water, vertical position in the water for 2 minutes, ears out of water, swim 25 m on back.



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### Skills

- Foot First Sculling on back for 3 m
- Eggbeater with flotation belt support for 1 minute; can lift shoulders out of water using the kick only for short 5 second intervals.

### Optional Criteria (Learn 5 to complete)

- Competitive Swimming: Front and Back Crawl Start
- Competitive Swimming: 25 m sprints of Front or Back Crawl, record times
- Lifesaving: Deep Dive
- Lifesaving: Predict the number of lengths one can swim and then swim them
- Lifesaving: HELP and Huddle position with a buoyant aid
- Lifesaving: Demonstrate how to recover from falling through ice
- Synchronized Swimming: The tub
- Aquatic Fitness: Jog three different ways in shallow water for 3 minutes
- Aquatic Fitness: Jog with a buoyant aid three different ways in deep water, 3 minutes
- Waterpolo: Waterpolo back crawl with whip kick
- Waterpolo: Waterpolo crawl with whip kick pushing the ball
- Waterpolo: Waterpolo crawl with whip kick holding the ball
- Water safety appropriate to community and season.