



Swim Program - Core Content

STAR 4



Strokes

Breaststroke: Intermediate Standard for 25m

- Elbows are slightly wider than shoulders on pull
- Arms move symmetrically
- Pull phase: forearms scull outward while moving back
- The sequence is glide, pull, breathe, kick

Side Stroke: Initial Standard for 15m

- Side glide position, face out of water
- Hips, shoulders and head are aligned throughout
- Legs separate (top forward, bottom back) and then squeeze together
- Bottom arm: elbow bends to push water to mid chest
- Top arm: pushes water past thigh
- Glide after each pull/kick action

Endurance

- Eggbeater moving forward for 10m
- Eggbeater moving backward for 25m
- Dolphin kick for 25m
- Elementary Backstroke Intermediate Standard, 75m

Skills

- Front float: Star fish position for 15 seconds
- Back float: Star fish position for 1 minute
- Back float: Both arms overhead for 30 seconds
- Side float: face in the water, bottom arm reaching towards bottom of pool



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Lifesaving

Canadian Swim Patrol, Rookie H2O Proficiency

- Swim 25m Head up Front Crawl or Breaststroke
- Demonstrate ready position with a stationary scull for 30 seconds
- Carry a 2.3 kg (5 lb) object 15m using swimmer's choice of lifesaving kick
- Demonstrate a foot first surface dive to a maximum depth of 2m
- Demonstrate a head first surface dive to a maximum depth of 2m
- Inflate two items of clothing and use as a buoyant aid
- Swim 25m using any stroke, swim under an obstacle located at the halfway point
- 150m swim: front crawl (advanced standard) 50m, back crawl (advanced standard) 50m, and breaststroke (intermediate standard) 50m
- Complete a 350m workout on three different days
- Swim 100m in 3 min. using any combination of strokes

Optional Criteria (Learn 5 to complete)

- Advanced Elementary Backstroke: feet accelerate through kick phase
- Advanced Elementary Backstroke: hand accelerates through pull phase
- Water Polo: Vertical position
- Water Polo: Moving with the ball (vertical position)
- Water Polo: Passing a ball
- Water Polo: Catching-passing a ball
- Water Polo: Catching and wet pass while moving
- Synchronized Swimming: Sailboat
- Synchronized Swimming: Lobster Scull
- Aquatic Fitness: Rocking around the body (changing planes of movement) for 3 min
- Aquatic Fitness: Bicycling changing surface area and speed for 5 min
- Water safety appropriate to community and season.