



Swim Program - Core Content

SURFERS

Learner Outcomes
• Attendance is regular
• Enters into activities enthusiastically
• Is happy in the water
Safety Education and Awareness
• Introduction to ice safety
• Introduction to HELP/Huddle positions
• Introduction to basic reaching assists
Entering and Exiting the Water
• Sitting/kneeling dive
• Creative, safe, fun entries
Breath Control
• Kick, holding buoyant aid, side breathing
• Retrieve object from deep water

Floating and Surface Support
• Surface support in deep water 30 seconds
Movement Through the Water
• Introduction to overarm recovery
• Front swim with arm action and flutter kick, 15m
• Back swim with arm action and flutter kick, 15m
• Front swim 10m, roll over, back swim 10m
Swim Skills
• Front or back somersault in water