



Swim Program - Core Content

SWIMMER



Submersion

- Swim underwater for 2.5m (may push off wall or bottom)

Strokes

Front Crawl: Initial Standard for 15m

- Head, shoulders, hips, legs and feet are just below surface
- Breathing is coordinated with roll
- Knees and ankles are loose and relaxed
- Flutter kick is continuous side to side
- Flutter kick originates from the hip
- Elbows exit water first on recovery

Back Crawl: Initial Standard for 15m

- 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
- Arms recover clear of water, little finger enters first

Endurance

- Back glide, kicking one arm beside ear, straight forward of head, one arm at side, 25m
- Slide glide kicking, face pointed towards ceiling out of water, 25 m
- Front glide kicking, right arm straight up beside ear, left arm at side, for 2 m, roll left shoulder and hip out of water into a side glide kicking for 2 m, left elbow exits the water, and hand reaches forward of the head as the body rolls back into a front glide. Repeat using left arm. Repeat entire sequence 3 times to cover approximately 25 m total distance.



Swim Program - Core Content

SWIMMER



Deep Water Skills (water is over the child's head)

- Jump into deep water, tread water in vertical position, ears out of water for 40 seconds, swim back to wall.
- Foot first surface dive to recover an object in water 1.5 m deep.
- Vertical position, relaxed, face out of the water for 1 minute (may use arms or legs or both)

Skills

- Head first sculling on back for 5m - hips, legs and toes at surface, no kick
- Stationary sculling on back for 1 minute - hips, legs and toes at surface, no kick.

Optional Criteria (Learn 3 to complete)

- Pendulum dive
- Swim 15 m wearing shirt and pants
- Swim underwater on back, 2 m
- Climb head first down a pole 2 m and climb or swim back up.
- Vertical float in deep water
- 4 deep water (1.5 m) bobs (submerge, touch bottom, surface to breathe: repeat 4 times)
- Waterpolo: Waterpolo back crawl
- Waterpolo: Waterpolo Crawl with ball
- Waterpolo: Waterpolo Crawl holding the ball
- Water Safety appropriate to community and season.