



# Swim Program - Core Content

SEAL



## Submersion

- Whole body stays under the water for 5 seconds in shallow water

## Gliding

### Front Glide

- Front glide for 2m

### Front Glide to Side Glide Roll

- Front glide for 1m roll to right side glide face looking at ceiling for 1m
- Front glide for 1m roll to left side glide face looking at ceiling for 1m
- Front glide right arm straight up beside ear, left arm at side, for 1m, roll left shoulder and hip out of water into a side glide, left elbow exits the water, and hand reaches forward of the head as the body rolls back into a front glide 1m.

### Back Glide to Side Glide Roll

- Back glide right arm beside ear and reaching straight past head, left arm at side, for 1m, roll left shoulder and hips to surface of water (arms do not move) into side glide for 1m
- Back glide left arm beside ear and reaching straight past head, right arm at side, for 1m, right shoulder and hip to surface of water (arms do not move) into side glide for 1m
- Back glide left arm beside ear and reaching straight past head, right arm at side, for 1m, right shoulder and hips to surface of water into a side glide, straight right arm comes out of water and moves beside ear reaching straight past head, left arm moves to left side as body rolls into a back glide.

## Kicking

- Kicking: vertical, in deep end with flotation at hips, shoulders come out of water for 5 seconds
- Kicking: vertical, in deep end, body in vertical alignment head-hips-toes, shoulders at surface or out of water (may use arms) for 5 seconds.
- Back Glide Kicking (arms at sides) for 5 m
- Front Glide Kicking for 2.5 m
- Side Glide Kicking: face pointing to bottom for 2 m
- Side Glide Kicking: face pointing to ceiling for 2 m



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

- Begin in a vertical position in deep water 2m from the wall or shallow water, level off and swim the 2m to the wall or shallow water (swim may be on front, back or side).
- Jump off wall out 1m into deep water, turn around and swim back to wall on front face in water (1m)

### Optional Criteria (Learn 3 to complete)

- Demonstrate how to choose and throw a buoyant object to someone who needs help in the water.
- Recover an object in chest deep water (chest deep for the child)
- Sitting dive into deep water (at least 2.5m deep)
- Forward somersault
- In deep water, climb 1m down a pole and climb or swim up.
- Water Safety appropriate to community and season.