



Swim Program - Core Content

STAR 3



Strokes

Elementary Backstroke: Intermediate Standard for 25m

- Arms recover gradually closer to body
- Arms stay in the water and move symmetrically
- Pull begins at ear level, and bottom flat of the hand is used
- Arms and legs may start together or finish together

Front Crawl: Advanced Standard for 50m

- Full extension of arm after entry
- Hand accelerates through pull phase
- Bilateral breathing

Back Crawl: Advanced Standard for 50m

- Full extension of arm after entry
- Hand accelerates through pull phase
- Thumb exits first
- Shoulder exits before recovery

Endurance

- Breaststroke Initial Standard 50 m
- Front Crawl Intermediate Standard 75 m
- Back Crawl Intermediate Standard 75 m
- Elementary Backstroke Initial Standard 50 m, no use of hands
- Any combination of strokes or sculling for 200 m

Skills

- Eggbeater kick, no hand support (hands may be in the water) 2 minutes
- Eggbeater moving forward and backward for 5m
- Dolphin kick: hips close to surface, whole body, rhythmic motion



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Lifesaving: Canadian Swim Patrol – Rookie Recognition and Rescue

- Look at the facility for 10-15 sec, turn away and describe
- Simulate a weak swimmer
- Simulate a non-swimmer
- Identify a weak swimmer
- Identify a non-swimmer
- From the deck, through a buoyant aid with a line to hit a target as many times as possible in 30 seconds.

Optional Criteria (Learn 5 to complete)

- Competitive Swimming: Breaststroke Start and Turn
- Competitive Swimming: Swim 250m, choice of strokes, using starts and turns appropriately
- Water Polo: Stepping
- Water Polo: Change directions front to back
- Waterpolo: Change directions with waterpolo crawl
- Waterpolo: Zig Zag
- Waterpolo: Stop start with the ball
- Synchronized Swimming: Propeller scull
- Synchronized Swimming: The Water Wheel
- Aquatic Fitness: Kicking in shallow water, varying intensity, for 5 minutes
- Aquatics Fitness: Tilting in deep water, working around the body, for 5 minutes
- Water safety appropriate to community and season.