



Swim Program - Core Content

STAR 2



Strokes

Breaststroke: Initial Standard for 25m

- Chest and hips aligned, slight bend at thigh with kick
- Legs move symmetrically
- Feet flexed, pushes with feet and inside of leg on whip
- Feet are wider than knees on whip

Front Crawl: Intermediate Standard for 25m

- Heels break the surface of the water on body roll
- Body rolls equally to both sides
- 3 kicks on each side
- Pull continues past thigh
- Hand enters water, elbow bends slightly to pull along centre line of the body, and pushes water past thigh with body roll.

Back Crawl: Intermediate Standard for 25m

- Body rolls equally to both sides
- 3 kicks on each side
- Pull continues past thigh
- Arm rotation is continuous
- Toes break surface on the roll
- Hand enters water, elbow bends slightly as hand moves towards thigh with body roll.

Endurance

- Elementary backstroke Initial standard for 25 m
- Front Crawl Initial Standard 50 m
- Back Crawl Initial Standard 50 m
- Foot First Sculling 10 m, touch wall with toes, head first sculling for 25 m
- Any combination of strokes or sculling for 100 m



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Skills

- Eggbeater with support from arms for 1 minute

Optional Criteria (Learn 5 to complete)

- Competitive Swimming: Front and Back Crawl Turn
- Competitive Swimming: 3 X 25 m sprint front or back crawl, record times
- Competitive Swimming: Swim 150 m Front and Back crawl using starts and turns
- Lifesaving: Whip kick on back, carry a 5 lb object, 10 m
- Water Polo: Basic position on front and side
- Water Polo: Ball pick up
- Waterpolo: Wet pass
- Waterpolo: Waterpolo breaststroke
- Synchronized Swimming: The Pretzel
- Aquatic Fitness: Jumping in shallow water, using the four working positions for 4 min
- Aquatics Fitness: Scissors in deep water, forward and backward for 4 min with pop up intervals
- Water safety appropriate to community and season.