



SWIMMER

Curriculum at-a-glance

The Swimmer Program makes sure children learn how to swim before they get in too deep. Progressions accommodate 5 to 12-year-olds including beginners and swimmers who want to build on the basics. Lots of in-water practice develops solid swimming strokes and skills. Water Smart® education is part of every level.

Swimmer 1	Swimmer 2	Swimmer 3
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Entries and Exits

1. Enter and exit shallow water 2. Jump into chest-deep water 3. Jump into deeper water wearing PFD, return and exit	1. Jump into deeper water, return and exit 2. Sideways entry wearing PFD	1. Tuck jump entry (cannonball) 2. Kneeling dive into deep water 3. Forward roll entry into deep water wearing PFD
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Surface Support

4. Float on front and back (3-5 sec. each) – unassisted	3. Front and back float with rollover (6-10 sec.) 4. Surface support (10-20 sec.)	4. Tread water – 30 sec.
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Underwater Skills

5. Submerge body 6. Open eyes underwater 7. Exhale through mouth and nose – 10 times 8. Recover object (with hands) from bottom in chest-deep water	5. Recover object (with hands) from bottom in chest-deep water 6. Submerge and hold breath (5-10 sec.)	5. Handstand in shallow water 6. Front somersault (in water) 7. Swim underwater – 5m
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Survival Skills

9. Don PFD on land 10. Move while floating wearing PFD	7. Kicking on front and back (10m each) with aid	8. Pendulum with change of direction 9. Tread water with aid – 1 min.
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Movement Skills

11. Kicking on front and back (3-5m each)	8. Kicking on front and back (5-10m each) with breathing 9. Whip kick in vertical position (5-10 sec.) 10. Front crawl and back crawl (10-15m each)	10. Front crawl and back crawl (10-15m each) 11. Whip kick on front with aid (10-15m) 12. Endurance swim (25-50m)
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Water Smart® education

Water Smart® drowning prevention messages are an integral part of the program. These messages are embedded in Must Sees, lesson plans, core plans, worksheets and progress reports.



SWIMMER

Curriculum at-a-glance *(cont'd)*

Swimmer 4	Swimmer 5	Swimmer 6
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Entries and Exits

1. Standing dive into deep water 2. Stride entry into deep water	1. Shallow dive into deep water	1. Shallow dive into deep water 2. Compact jump into deep water
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Surface Support

3. Eggbeater kick with aid – 1 min.	2. Eggbeater kick – 1 min.	3. Eggbeater kick (changing direction) – 2 min. 4. Tub position, turn 360° in each direction
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Underwater Skills

4. Foot-first surface dive (max. depth 2m) 5. From side, recover object (max. depth 2m) 6. Back somersault (in water) 7. Submerge and exhale in deep water – 10 times	3. Head-first surface dive (max. depth 2m) 4. Foot-first surface dive (max. depth 2m), swim 5m underwater	5. Head-first surface dive (max. depth 2m), swim 5m to recover object
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Survival Skills

8. Don PFD in deeper water, HELP – 1 min. 9. Head-first sculling on back – 10m	5. Don PFD in deeper water and swim 25m 6. Foot-first sculling on back – 10m	6. Roll into deep water, tread (1 min.) and swim 50m 7. Head-up front crawl or breaststroke – 25m
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Movement Skills

10. Front crawl and back crawl (25m each) 11. Whip kick on front with aid – 25m 12. Breaststroke arms with breathing (any kick) – 25m 13. Endurance swim (50-100m)	7. Front crawl, back crawl, breaststroke (50m each) 8. Sprint – 25m 9. Interval swim – 4 x 25m with 15-30 sec. rests. 10. Endurance swim (100-200m)	8. Front crawl, back crawl, breaststroke (100m each) 9. Sprint – 25m 10. Interval swim – 4 x 25m with 15-30 sec. rests. 11. Endurance swim (200-300m)
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