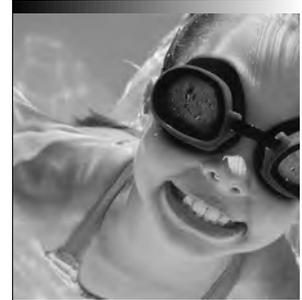


Swimmer Curriculum

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
Entries and Exits		
<ol style="list-style-type: none"> 1. Enter and exit shallow water 2. Jump into chest-deep water 3. Jump into deep water wearing PFD 	<ol style="list-style-type: none"> 1. Jump into deep water, return and exit 2. Side roll entry wearing PFD 	<ol style="list-style-type: none"> 1. Kneeling dive into deep water 2. Forward roll entry into deep water with and without PFD
<ol style="list-style-type: none"> 4. Wearing PFD, tread water (30 sec.) with sculling arm action 5. Hold breath under water (5–10 sec.) 6. Exhale under water through mouth and nose (5–10 times) 7. Open eyes under water 8. Wearing PFD, jump into deep water, tread 30 sec., and kick on back (5–10 m) 9. Float on front and back 10. Roll laterally front to back and back to front 11. Glide on front, back and side (3–5 m each) 12. Flutter kick on front and back (3–5 m each) 	<ol style="list-style-type: none"> 3. Tread water (30–45 sec.) with sculling arm action and any kick 4. Recover object from bottom in chest-deep water 5. Jump into deep water, tread 30 sec. and swim/kick (15–25 m) 6. Flutter kick on back and side (10–15 m each) 7. Whip kick in vertical position (15–30 sec.) 8. Front crawl and back crawl (10–15 m each) 9. Interval training: 4 x 9–12 m flutter kick with 10–15 sec. rests 	<ol style="list-style-type: none"> 3. Tread water – 60 sec. 4. Handstand in shallow water 5. Front somersault (in water) 6. Canadian Swim-to-Survive® Standard: Roll entry into deep water, tread 1 min. and swim 50 m 7. Flutter kick on back (5 m); pendulum roll to front; flutter kick on front (5 m) 8. Flutter kick on front (5 m); pendulum roll to back; flutter kick on back (5 m) 9. Whip kick on back (10–15 m) 10. Front crawl and back crawl (10–15 m each) 11. Interval training: 4 x 25 m flutter kick with 15–20 sec. rests

Water Smart® drowning prevention messages are an integral part of the Swim for Life® Program. These messages are embedded in content and program support materials.

Swimmer Curriculum

At-a-glance (continued)



SWIMMER 4	SWIMMER 5	SWIMMER 6
Entries and Exits		
<ol style="list-style-type: none"> 1. Standing dive into deep water 	<ol style="list-style-type: none"> 1. Shallow dive into deep water 2. Tuck jump (cannonball) into deep water 	<ol style="list-style-type: none"> 1. Stride entry into deep water 2. Compact jump into deep water
Surface Support		
<ol style="list-style-type: none"> 2. Tread water – 2 min. 3. Swim underwater – 5 m 4. Roll entry into deep water, tread (1–2 min.) and swim 50–75 m 5. Whip kick on front (10–15 m) 6. Breaststroke arms drill (10–15 m) 7. Front crawl and back crawl (25–50 m each) 8. Interval training: 4 x 25 m front or back crawl with 15–20 sec. rests 9. Sprint front crawl – 25 m 	<ol style="list-style-type: none"> 3. Jump entry into deep water, and tread 2 min. 4. Back somersault (in water) 5. Stationary eggbeater kick (30–60 sec.) 6. Breaststroke (15–25 m) 7. Front crawl and back crawl (50 m each) 8. Head-up front crawl (10–15 m) 9. Interval training: 4 x 50 m front or back crawl with 30 sec. rests 10. Interval training: 4 x 10–15 m breaststroke with 15–30 sec. rests 11. Sprint front crawl and back crawl – 25 m each 	<ol style="list-style-type: none"> 3. Tread water legs only (30–60 sec.) using a lifesaving kick 4. Swim underwater (5–10 m) to recover object 5. Eggbeater kick on back (10–15 m) 6. Scissor kick (10–15 m) 7. Breaststroke (25–50 m) 8. Front crawl and back crawl (50–100 m each) 9. Interval training: 4 x 25 m breaststroke with 30 sec. rests 10. Sprint breaststroke – 25 m 11. Workout (300 m): 50 m warm-up (choice of strokes) 4 x 25 m front crawl with 15 sec. rests 4 x 25 m back crawl with 15 sec. rests 50 m cool-down (choice of strokes)

Water Smart® drowning prevention messages are in integral part of the program. These messages are embedded in Must Sees, lesson plans and program support materials.