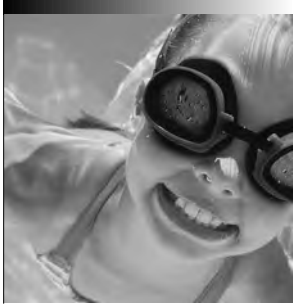


# Adult Swimmer Curriculum

## At-a-glance



*The Adult Swimmer Program is for beginners who may be just starting out or swimmers who just want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth recognizable strokes. Water Smart® education is a part of all levels. Instructors should be prepared to adopt these items and awards to accommodate the needs of the adult learners and provide the flexibility for them to select the skills they want to learn to achieve their personal swimming goals.*

ADULT 1	ADULT 2	ADULT 3
<b>Entries and Exits</b>		
<ol style="list-style-type: none"> <li>1. Enter and exit shallow water</li> <li>2. Jump into deep water, return and exit</li> <li>3. Side roll entry wearing PFD</li>   <li>4. Wearing PFD, tread water (30 sec.) with sculling arm action</li>   <li>5. Hold breath under water (5–10 sec.)</li> <li>6. Exhale under water through mouth and nose (5–10 times)</li> <li>7. Open eyes under water</li> <li>8. Recover object from bottom in chest-deep water</li>   <li>9. Wearing PFD, jump into deep water, tread 30 sec. and swim/kick (15–25 m)</li> </ol>	<ol style="list-style-type: none"> <li>1. Standing dive into deep water</li> <li>2. Forward roll entry into deep water with and without PFD</li> <li>3. Tuck jump (cannonball) into deep water</li>   <li>4. Tread water (1–2 min.).</li>   <li>5. Handstand in shallow water</li> <li>6. Front somersault (in water)</li> <li>7. Swim underwater (5–10 m)</li>   <li>8. Canadian Swim-to-Survive® Standard: Roll entry into deep water, tread 1 min. and swim 50 m</li> </ol>	<ol style="list-style-type: none"> <li>1. Shallow dive into deep water</li> <li>2. Stride entry into deep water</li> <li>3. Compact jump into deep water</li>   <li>4. Tread water legs only (30–60 sec.) using any kick</li>   <li>5. Back somersault (in water)</li> <li>6. Swim underwater (5–10 m) to recover object</li> </ol>

# Adult Swimmer Curriculum

## At-a-glance (continued)



ADULT 1	ADULT 2	ADULT 3
<b>Movement / Swimming Skills</b>		
<ul style="list-style-type: none"> <li>10. Float on front and back</li> <li>11. Roll laterally front to back and back to front</li> <li>12. Glide on front, back and side (3–5 m each)</li> <li>13. Flutter kick on front, back, and side (5–10 m each)</li> <li>14. Whip kick in vertical position (15–30 sec.)</li> <li>15. Front crawl or back crawl (10–15 m)</li>   <li>16. Interval training: 4 x 9–12 m flutter kick with 10–15 sec. rests</li> </ul>	<ul style="list-style-type: none"> <li>9. Flutter kick on back (5 m); pendulum roll to front; flutter kick on front (5 m)</li> <li>10. Flutter kick on front (5 m); pendulum roll to back; flutter kick on back (5 m)</li> <li>11. Whip kick on back (10–15 m)</li> <li>12. Whip kick on front (10–15 m)</li> <li>13. Breaststroke arms drill (10–5 m)</li> <li>14. Front crawl and back crawl (25–50 m each)</li>   <li>15. Interval training: 4 x 25 m flutter kick with 15–20 sec. rests</li> <li>16. Interval training: 4 x 25 m front or back crawl with 15–20 sec. rests</li> <li>17. Sprint front crawl – 25 m</li> </ul>	<ul style="list-style-type: none"> <li>7. Eggbeater kick or scissor kick on back (10–15m)</li> <li>8. Breaststroke (25–50 m)</li> <li>9. Front crawl and back crawl, (50–100 m each)</li> <li>10. Head-up front crawl (10–15 m)</li>   <li>11. Interval training: 4 x 50 m front or back crawl or breaststroke with 30 sec. rests</li> <li>12. Sprint front crawl, back crawl, or breaststroke (25–50 m)</li> <li>13. 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)</li> </ul>

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.