

# Swimmer Program (Levels 1 – 6)

Scroll or click the arrow to see all levels

| Swimmer 1   | Swimmer 2  | Swimmer 3   |
|---|--|---|
| <b>Entries and Exits</b>  |  |   |
| <ol style="list-style-type: none"> <li>1. Enter and exit shallow water</li> <li>2. Jump into chest-deep water</li> <li>3. Jump into deep water wearing PFD</li> </ol>   | <ol style="list-style-type: none"> <li>1. Jump into deep water, return and exit</li> <li>2. Sideways entry wearing PFD</li> </ol>  | <ol style="list-style-type: none"> <li>1. Kneeling dive into deep water</li> <li>2. Forward roll entry into deep water</li> </ol>   |
| <b>Surface Support</b>  |  |   |
| <ol style="list-style-type: none"> <li>4. Tread water 30 sec. wearing PFD</li> </ol>  | <ol style="list-style-type: none"> <li>3. Tread water 15 sec.</li> </ol>   | <ol style="list-style-type: none"> <li>3. Tread water 30 sec.</li> </ol>  |
| <b>Underwater Skills</b>  |  |   |
| <ol style="list-style-type: none"> <li>5. Hold breath underwater 5 sec.</li> <li>6. Submerge and exhale 5 times</li> <li>7. Open eyes underwater</li> </ol>   | <ol style="list-style-type: none"> <li>4. Recover object from bottom in chest-deep water</li> </ol>  | <ol style="list-style-type: none"> <li>4. Handstand in shallow water</li> <li>5. Front somersault (in water)</li> </ol>   |
| <b>Swim to Survive® Skills</b>  |  |   |
|   | <ol style="list-style-type: none"> <li>5. Wearing PFD, jump into deep water, tread 30 sec. and swim / kick 15 m</li> </ol>   | <ol style="list-style-type: none"> <li>6. Jump into deep water, tread 30 sec. and swim / kick 25 m</li> </ol>   |
| <b>Movement / Swimming Skills</b>   |  |   |
| <ol style="list-style-type: none"> <li>8. Float on front and back 5 sec. each</li> <li>9. Roll laterally front to back and back to front</li> <li>10. Glide on front, back and side 3 m each</li> <li>11. Flutter kick on front and back 5 m each</li> <li>12. Front crawl 5 m wearing PFD</li> </ol> | <ol style="list-style-type: none"> <li>6. Flutter kick on front, back and side 10 m each</li> <li>7. Whip kick in vertical position 30 sec. with aid</li> <li>8. Front crawl and back crawl 10 m each</li> </ol> | <ol style="list-style-type: none"> <li>7. Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m</li> <li>8. Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m</li> <li>9. Whip kick on back 10 m</li> <li>10. Front crawl and back crawl 15 m each</li> </ol> |
| <b>Fitness</b>  |  |   |
|   | <ol style="list-style-type: none"> <li>9. Interval training: 4 x 5 m flutter kick with 20 sec. rests</li> </ol>  | <ol style="list-style-type: none"> <li>11. Interval training: 4 x 15 m flutter kick with 20 sec. rests</li> </ol>   |
| <b>Water Smart® Education</b>   |  |   |
| <ol style="list-style-type: none"> <li>13. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive</li> </ol>  | <ol style="list-style-type: none"> <li>10. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive</li> </ol>   | <ol style="list-style-type: none"> <li>12. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive</li> </ol>  |

| Swimmer 4  | Swimmer 5  | Swimmer 6  |
|--|--|--|
| <b>Entries and Exits</b>   |  |  |
| 1. Standing dive into deep water   | 1. Shallow dive into deep water<br>2. Tuck jump (cannonball) into deep water   | 1. Stride entry into deep water<br>2. Compact jump into deep water   |
| <b>Surface Support</b>   |  |  |
| 2. Tread water 1 min.  | 3. Jump entry into deep water, and tread 2 min.<br>4. Stationary eggbeater kick 30 sec.  | 3. Legs-only surface support 45 sec.   |
| <b>Underwater Skills</b>   |  |  |
| 3. Swim underwater 5 m   | 5. Back somersault (in water)  | 4. Swim underwater 10 m to recover object  |
| <b>Swim to Survive® Skills</b>   |  |  |
| 4. Canadian Swim to Survive<br>Standard: Roll entry into deep water, tread 1 min. and swim 50 m          | 6. Roll entry into deep water, tread 90 sec. and swim 75 m   |  |
| <b>Movement / Swimming Skills</b>  |  |  |
| 5. Whip kick on front 15 m<br>6. Breaststroke arms drill 15 m<br>7. Front crawl and back crawl 25 m each | 7. Breaststroke 25 m<br>8. Front crawl and back crawl 50 m each<br>9. Head-up front crawl 10 m   | 5. Eggbeater kick on back 15 m<br>6. Scissor kick 15 m<br>7. Breaststroke 50 m<br>8. Front crawl and back crawl 100 m each<br>9. Head-up swim 25 m   |
| <b>Fitness</b>   |  |  |
| 8. Interval training: 4 x 25 m front or back crawl with 20 sec. rests<br>9. Sprint front crawl 25 m      | 10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests<br>11. Interval training: 4 x 15 m breaststroke with 30 sec. rests<br>12. Sprint front crawl and back crawl 25 m each | 10. Interval training: 4 x 25 m breaststroke with 30 sec. rests<br>11. Sprint breaststroke 25 m<br>12. Workout 300 m:<br>50 m warm-up (choice of strokes)<br>4 x 25 m front crawl with 15 sec. rests<br>4 x 25 m back crawl with 15 sec. rests<br>50 m cool-down (choice of strokes) |
| <b>Water Smart® Education</b>  |  |  |
| 10. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive           | 13. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive   | 13. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive   |