

Goals and Expectations

WATER SAFETY

Stop! Look! Listen!

Show you know ...

- ▶ Safety rules (walks on deck)
- ▶ Waits for specific permission to enter water, every time
- ▶ Listens to instructor throughout each lesson

Identify Buoyant Objects

- ▶ Identifies some site-specific objects that float and some that sink

P.F.D. Practice (unassisted, twice during a session)

Shallow Water Entries/exits (unassisted)

- ▶ Instructor may assist jumping in
- ▶ Identifies at least 3 situations in which PFD's must be worn (ie. when playing in or around the water, when in a boat)
- ▶ Puts on appropriate PFD and demonstrates Stop! Look! Go Slow! during deep water entries (ladder, front standing jump)
- ▶ Explores flotation and movement (ie. kicking, pedaling, propulsion with arms, on back, on front)
- ▶ Moves in different directions while floating in PFD (reverses direction, moves side to side, moves in circles)

Jump In, Turn Around & Go Back to Safety (unassisted, no goggles)

SWIMMING

Chest-deep Water Activities (unassisted)

- ▶ Pick up rings & pegs

Bobbing 3 times (Rhythmic Breathing)

- ▶ Exhales through mouth under water, inhales above surface
- ▶ Performance is rhythmic and relaxed with noticeable exhalation and inhalation
- ▶ Performs at least 3 to 5 repetitions

Starfish Float on Front/Back (unassisted, no tapping)

- ▶ Assumes stable floating position on front, with face in water
- ▶ Floats for at least 5 seconds in a relaxed manner
- ▶ Comfortably recovers to original position

Front Glide (unassisted, no tapping)

- ▶ Glides on front for at least 5 seconds, face in the water in a relaxed manner
- ▶ Body is streamlined with arms fully extended in front of head
- ▶ Comfortably recovers to original position

Back Glide (unassisted)

- ▶ Glides on back for 3 meters, in a relaxed manner
- ▶ Body is streamlined with hands rested along side of body
- ▶ Comfortably recovers to original position (recovery may be assisted)

Roll-Over Starfish Floats (assisted)

- ▶ Assumes floating position on front (with face in) and rolls onto back
- ▶ Holds each position for at least 5 seconds, in a relaxed manner
- ▶ Repeats roll-over float from back to front

Front/Back Glides with Flutter Kick (unassisted)

- ▶ Performs front and back glides with basic flutter kick
- ▶ Performs kick for at least 5 seconds - 2 meters
- ▶ Arms are fully extended (on front) and along sides (on back)

Front Swim, 2 Meters (unassisted)

- ▶ Introduction of big arms and kicking
- ▶ Slow and relaxed
- ▶ No panic swim
- ▶ Recovery may be assisted

Sitting Dives (no goggles)

- ▶ Arms out, lean forward and push to instructor