



Goals and Expectations

Aqua 3

WATER SAFETY

Take a look - Is it safe?

- ▶ Describes and follows at least three safety rules (no running)
- ▶ Waits for permission to enter water, every time
- ▶ Describes why it is important to always have adult supervision
- ▶ Not safe = without adult supervision, bad weather, too much sun, too cold, outside swimming area, too far from safety

1, 2, 3 Jump

Jump entry, deep water

- ▶ Jump in, turn around and go back to safety, unassisted (no goggles)

Kneeling dives (introduction)

- ▶ Remember "pushing toes"
- ▶ Must be in deep water
- ▶ Instructor in water

P.F.D.'s (child puts on lifejackets may assist if needed)

- ▶ Swim on front head up
- ▶ Swim on back
- ▶ Jump in, look around, are you safe?
- ▶ Boat ride, discuss weather conditions

Treading water

- ▶ Introduce treading water, must be unassisted (20 to 30 seconds)

SWIMMING

Bobbing 7 to 10 times (rhythmic breathing)

- ▶ Exhales through mouth under water, inhales above surface
- ▶ Performance is rhythmic and relaxed with noticeable exhalation and inhalation
- ▶ Performs at least 7 to 10 repetitions

Roll over Starfish Floats (unassisted)

- ▶ Starfish float on front for 5 count, roll over to starfish float on back, 5 count
- ▶ Starfish float on back for 5 count, roll over to starfish float on front, 5 count
- ▶ This is an important introduction to side glide

Rollover Glides with Flutter Kick (unassisted)

- ▶ Performs front glide with flutter kick for 5 seconds and
- ▶ Rollover to back glide and continues kicking for at least 10 seconds

Front Swim Progressions

- ▶ Front glide with flutter kick (unassisted)
- ▶ With arms, arms must break surface, attempting big arm movement for 5 meters
- ▶ Side glide with flutter kick with barbells
- ▶ Side glide with flutter kick (unassisted)

Front Endurance Swim

- ▶ Front endurance swim, 5 meters (unassisted)
- ▶ 1, 2, 3, 4, side glide, face in and 1, 2, 3 4
- ▶ Arm movement - big arms taught, arms must break surface

NOTE: STUDENT MUST BE RELAXED

Back Swim, 5 meters

- ▶ Performs back glide with flutter kick - alternating up and down motion with both legs at or just below the surface with feet relaxed
- ▶ Flutter kick is continuous
- ▶ Arm motion is fining or tapping