



# Goals and Expectations

# Aqua 4

## WATER SAFETY

- ▶ Explain why it is important to swim with an adult and listen to lifeguard
- ▶ No diving in shallow water

### Check the Weather

- ▶ Describe why it is important to always check the weather before being in or around water
- ▶ Know at least 2 places to get information on weather (parents, radio television forecasts or newspapers)

### P.F.D. Practice

- ▶ Describe 3 characteristics of a good PFD: 1. approved, 2. right size with bright colour, 3. working buckles, zipper
- ▶ Swim on front head up
- ▶ Swim on back
- ▶ Jump in, look around, are you safe?
- ▶ Boat ride, discuss weather conditions, boat tips over, student must return to boat and hang on

### Safe Boating

- ▶ Always with adult
- ▶ Always wear lifejacket
- ▶ Have paddles and bailing can
- ▶ Always have flashlight

### Contact EMS - Call 911

- ▶ Why do you call 911?
- ▶ Do you know your phone number and address?

### Treading water

- ▶ Jump in and tread water for 40 seconds and return to safety

## SWIMMING

### Rhythmic Breathing, 10 times, two ways (bobbing)

- ▶ Exhales through mouth or nose under water, inhales above surface
- ▶ Bobbing and noodle bobs suggested

### Front Swim Progressions

- ▶ Big arms on front, straight arms up high
- ▶ Side glide with flutter kick unassisted
- ▶ Front crawl 7 meters, one, blow bubbles, side glide (breathing every stroke)
- ▶ Front crawl MUST SEE 1) blow bubbles, 2) straight arms (if one arm is bent acceptable), 3) side glide (rollover to back is acceptable, pause is acceptable), 4) flutter kick is at or near the surface

### Back Swim

- ▶ Back swim, 15 meters
- ▶ To complete must see back swim to deep end kicking and sculling

### Introduction to Sculling

- ▶ Figure eight motion, hands at side of body, 5 meters

### Jumping In

- ▶ Jump into deep water, turn around and go back to safety

### Kneeling Dives

- ▶ Done in deep end only
- ▶ Encourage student to glide out