

## S W I M M E R 1



### Entries and Exits

- Enter and exit shallow water
- Jump into chest-deep water
- Jump into deep water wearing PFD

### Surface Support

- Tread water 30 sec. wearing PFD

### Underwater Skills

- Hold breath underwater 5 sec.
- Submerge and exhale under 5 times
- Open eyes underwater

### Movement / Swimming Skills

- Float on front 5 sec.
- Float on back 5 sec.
- Roll laterally front to back and back to front
- Glide on front 3 m
- Glide on back 3 m
- Glide on side 3 m
- Flutter kick on front 5 m
- Flutter kick on back 5 m
- Front crawl 5 m wearing PFD

### Water Smart® Education

- Swim with a Buddy
- Wear a Lifejacket
- Check the Ice
- Swim to Survive

## S W I M M E R 2



### Entries and Exits

- Jump into deep water, return and exit
- Sideways entry wearing PFD

### Surface Support

- Tread water 15 sec.

### Underwater Skills

- Recover object from bottom in chest-deep water
- **Swim to Survive® Skills**
- Wearing PFD, jump into deep water, tread 30 sec., and swim/kick 15 m

### Movement / Swimming Skills

- Flutter kick on front 10 m
- Flutter kick on back 10 m
- Flutter kick on side 10 m
- Whip kick in vertical position 30 sec. with aid
- Front crawl 10 m
- Back crawl 10 m

### Fitness

- Interval training: 4 x 5 m flutter kick with 20 sec. rests

### Water Smart® Education

- Swim with a Buddy
- Wear a Lifejacket
- Check the Ice
- Swim to Survive

## S W I M M E R 3



### Entries and Exits

- (kneeling) dive into deep water
- Forward roll entry into deep water

### Surface Support

- Tread water 30 sec.

### Underwater Skills

- Handstand in shallow water
- Front somersault (in water)

### Swim to Survive® Skills

- Jump into deep water, tread 30 sec., and swim/kick 25 m

### Movement / Swimming Skills

- Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m
- Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m
- Whip kick on back 10 m
- Front crawl 15 m
- Back crawl 15 m

### Fitness

- Interval training: 4 x 15 m flutter kick with 20 sec. rests

### Water Smart® Education

- Swim with a Buddy
- Wear a Lifejacket
- Check the Ice
- Swim to Survive

## S W I M M E R 4



### Entries and Exits

- Standing dive into deep water

### Surface Support

- Tread water 1 min.

### Underwater Skills

- Swim underwater 5 m

### Swim to Survive® Skills

- Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m

### Movement / Swimming Skills

- Whip kick on front 15 m
- Breaststroke arms drill 15 m
- Front crawl 25 m
- Back crawl 25 m

### Fitness

- Interval training: 4 x 25 m front or back crawl with 20 sec. rests
- Sprint front crawl 25 m

### Water Smart® Education

- Swim with a Buddy
- Wear a Lifejacket
- Check the Ice
- Swim to Survive

## S W I M M E R 5



### Entries and Exits

- Shallow dive into deep water
- Tuck Jump (cannonball) into deep water

### Surface Support

- Jump entry into deep water, and tread 2 min.
- Stationary eggbeater kick 30 sec.

### Underwater Skills

- Back somersault (in water)

### Swim to Survive® Skills

- Roll entry into deep water, tread 90 sec. and swim 75 m

### Movement / Swimming Skills

- Breaststroke 25 m
- Front crawl 50 m
- Back crawl 50 m
- Head-up front crawl 10 m

### Fitness

- Interval training: 4 x 50 m front or back crawl with 30 sec. rests
- Interval training: 4 x 15 m breaststroke with 30 sec. rests
- Sprint front crawl 25 m
- Sprint back crawl 25 m

### Water Smart® Education

- Swim with a Buddy
- Wear a Lifejacket
- Check the Ice
- Swim to Survive

## S W I M M E R 6



### Entries and Exits

- Stride entry into deep water
- Compact Jump into deep water

### Surface Support

- Legs-only surface support 45 sec.

### Underwater Skills

- Swim underwater 10 m to recover object

### Movement / Swimming Skills

- Eggbeater kick on back 15 m
- Scissor Kick 15 m
- Breaststroke 50 m
- Front crawl 100 m
- Back crawl 100 m
- Head up swim 25 m

### Fitness

- Interval training: 4 x 25 m breaststroke with 30 sec. rests
- Sprint breaststroke 25 m
- Workout (300 m)

### Water Smart® Education

- Swim with a Buddy
- Wear a Lifejacket
- Check the Ice
- Swim to Survive