

CRESTWOOD SWIM SKILLS 2010

Level 1- Introduction to Water Skills

Guppy 1

Enter and exit water using ladder, steps or side

Submerge mouth, nose & eyes

Blow bubbles through mouth and nose (3 seconds)

Open eyes under water

Rhythmic Breathing

WS-Discuss- Staying safe around aquatic environments

WS-Discuss- Recognizing the lifeguards

Guppy 2

Bob with support (3 x)

Open eyes underwater and retrieve submerged objects (2 x)

Front glide (w/ support) 2 body lengths

Recover from front glide on a vertical position (w/ support)

Roll from front to back w/ support

Roll from back to front w/ support

WS- Discuss/Demonstrate-Don't just pack it wear your jacket

WS-Discuss- Recognizing an emergency

Minnow 1

Submerge entire head

Back glide (w/ support) 2 body lengths

Back float(w/ support) 3 seconds

Front float

Recover from back float or glide to a vertical position (w/ support)

Arm and hand actions (explore in chest deep water)

On front- Alternating leg action (w/support) 2 body lengths

On front Simultaneous leg action (w/ support) 2 body lengths

On front-Alternating arm action (w/ support) 2 body lengths

On front-Simultaneous arm action (w/ support) 2 body lengths

Combined arm and leg actions on front (w/ support)

On Back:

Alternating leg action (w/ support) 2 body lengths

Simultaneous leg action (w/ support) 2 body lengths

Alternating arm action (w/ support) 2 body lengths

Simultaneous arm action (w/ support)2 body lengths

Combined arm and leg actions

(w/ support) 2 body lengths

WS-Demonstrate-How to call for help

WS-Discuss- too much sun is no fun

Exit Skill

1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water (participants can walk, move along the gutter or swim).

2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position (can be performed with support).

Level 2-Fundamental Aquatic Skills

Minnow 2

Enter water by stepping from the side

Exit water using ladder, steps or side

Fully submerge body and hold breath (5 seconds)

Bob (5 times)

Open eyes underwater and retrieve submerged objects (2x)

Float in a face-down position(5 seconds)

front float

jellyfish float

tuck float

Back crawl arms only

Back Float (5 seconds)

Back glide (2 body lengths)

Recover from back float of glide to a vertical position

Front glide (2 body lengths)

Recover from front float or glide to a vertical position

(Review)WS-Discuss- Staying safe around aquatic environments

(Review)WS- Discuss/Demonstrate-Don't just pack it wear your jacket

(Review)WS-Discuss- Recognizing an emergency

(Review) WS-How to call for help

Dolphin 1

Roll from front to back
Roll from back to front
Change direction of travel while swimming on front or back
Treading using arms only
Streamlining from a push-off
Front crawl without breathing
Prone glide with kick-10 ft.
Back glide with kick-10 ft.
Back float -15 secs
Enter the water by stepping from the side
Exit the water safely by using the ladder or side

Dolphin 2

Streamlining from a push-off.
Front crawl without breathing.
Treading using legs & arms (scissor, frog, bicycle, kick).
Rhythmic breathing 15 times.
Front float (face in water).
Recover from front float to standing position.

Shark 1

Treading- arm and leg actions (15 seconds)
Front crawl w/ breathing(5 body lengths)
On back- Finning arm action (5 body lengths)
On back- Combined arm and leg actions (5 body lengths)
Backglide- 2 body lengths
Elementary back arms
WS- Discuss-Think so you don't sink
WS-Discuss/Demonstrate- Reach or throw, don't go

Level 3-Stroke Development

Shark 2

Enter water by jumping from the side into deep water
Bob while moving toward safety - 5 x
Front crawl with rotary breathing -10 x
Change from vertical to horizontal position on front
in deep water
Change from vertical to horizontal position on back
in deep water

Beginner 1

Scissor kick - 10 yards
Tread for 1 minute using arms and legs - in deep water
Bobbing- while moving toward safety -10 times in chest deep water
Back crawl -10 yds.
WS- Demonstrate-Look before you leap

Submerge entire head
Open eyes under the water and pick up
submerged object
Front glide- 2 body lengths
Rhythmic breathing
Survival float 2/3 times
Finning on back
Bobs-submerge entire head
(Review) WS-Too much sun is no fun
WS-Discuss- Look before you leap
(Review) WS-How to recognize a swimmer in distress

Prone glide with kick- 20 ft.
Back glide with kick-20 ft.
Back crawl arms-10 ft.
Back crawl legs-10 ft.
(Review) WS-How to call for help.

Exit Skill

1. Step from side into chest-deep water, move into a front float for 5 secs., roll to back float for 5 sec then return to a vertical position
2. Move into a back float for 5 secs, roll to front then recover to a vertical position
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back float for 15 seconds, roll to the front then continue swimming for 5 body lengths.
(You can assist the participant when taking a breath.)

On front- push off in streamlined position then begin:
flutter kick- 3-5 body lengths
dolphin kick-3-5 body lengths
Front crawl- 15 yards
Back crawl- 10 yards
Elementary back arms only- 10 yards
(Review) WS-Discuss /demonstrate -Think twice
before going near cold water or ice

Front glide-breaststroke kick-5 yds
Front glide-flutter kick- 3-5 body lengths
Elementary back arms only- 15 yards
Elementary back legs only- 10 yards
Head-first entry from a sitting
or kneeling position(in dw)

Beginner 2

Back crawl- 15 yds
Breaststroke kick only- 5 yards
Backglide flutter kick
Elementary backstroke- 15 yards
Sidestroke arms
Survival float- 30 seconds in deep water
Back float -30 seconds in deep water
(Review)WS-Demonstrate Reach or throw, don't go

Level 4-Stroke Improvement

Advanced Beginner 1

Front Crawl-25 yards
Elementary back stroke 25 yards
On front- push off in a streamlined position then begin:
 flutter kick- 3-5 body lengths
 dolphin kick-3-5 body lengths
Backcrawl-15 yards
Butterfly kick and body motion

Advanced Beginner 2

Front crawl open turn
Backstroke open turn
Sidestroke -15 yards
Swim underwater- 3-5 body lengths
Breaststroke - 5 yards
Butterfly- 5 yards

Intermediate 1

Breaststroke-15 yards
Butterfly- 15 yards
Tread water using scissor, breaststroke, or rotary kick and sculling arms (2 mins)
Front crawl-25 yards
Back crawl- 15 yards
Elementary back stroke-25 yards
Sidestroke-15 yards
Survival swimming -30 sec in deep water
WS-Discuss/Demonstrate-Think So You Don't Sink
WS-Discuss-Look Before You Leap

Level 5- Stroke Refinement

Intermediate 2

Front Crawl -50 yards
Back Crawl-25 yards
Elementary Backstroke- 50 yards
Butterfly-20 yards
Tuck surface dive
Pike surface dive
WS-Discuss/demonstrate-How to call for help and the importance of knowing first aid and CPR

Exit Skill- Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards

Feet first surface dive -submerging completely
Survival swimming -30 seconds in deep water
WS-Discuss/Demonstrate-Reach or Throw, Don't Go
1. Reaching assist
2. Throwing assist
Tread water using 2 different kicks
(modified scissors, modified breaststroke or rotary)

Sitting dive
Tread water -1 min in deep water
Dive from compact or stride
WS- Discuss- Recreational water illnesses

Exit Skills

1. Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Tread water-3 mins
Sidestroke- 25 yards
Sculling(standards skull) - 30 seconds
Flip Turns:
 Front while swimming
 Back while swimming
(Review)WS-Reach or throw, Don't Go
WS-Discuss/Demonstrate-Look Before You Leap
(Review)WS-Discuss-Recreational water illnesses

Intermediate 3

Breaststroke - 25 yards

Butterfly-25 yards

Tread water- 5 mins

Front Crawl -50 yards

Back Crawl-25 yards

Elementary Backstroke- 50 yards

Sidestroke-25 yards

(Review)WS-Discuss/Demonstrate-Think So You Don't Sink

WS-Discuss/Demonstrate-Think Twice Before Going Near Cold

Water or Ice

WS-Discuss-Wave, Tide or Ride, Follow the Guide

Level 6- Personal Water Safety

Swimmer 1

Front crawl-100 yards

Elementary backstroke-100 yards

Backcrawl-50 yards

Breaststroke-50 yards

Sidestroke-50 yards

Butterfly-50 yards

Open turn-front crawl-while swimming

Open turn-backstroke-while swimming

Swimmer 2

Front crawl- 100 yards

Back crawl- 100 yards

Butterfly-50 yards

Feet first surface dive

Tuck surface dive

Pike surface dive

Back float- 5 minutes

Survival float-5 minutes

Survival swimming- 10 minutes

Treading water, kicking only- 2 minutes in deep water

Surface dive and retrieve an object from the bottom

Level 6- Fitness Swimmer

Advanced Swimmer

Front crawl-100 yards

Elementary backstroke-100 yards

Back crawl-50 yards

Breaststroke-50 yards

Sidestroke-50 yards

Butterfly-50 yards

Open turn-front crawl while swimming

Open turn-backstroke while swimming

Front flip turn

Backstroke flip turn

Sidestroke turn

Butterfly turn

Breaststroke turn

Circle swimming

Exit Skill

1. Perform a shallow-angle dive into deep water,

swim front crawl for 50 yards, change direction

and position of travel as necessary and swim

elementary backstroke for 50 yards

2. Swim breaststroke for 25 yards, change direction

and position of travel as necessary and swim back

crawl for 25 yards.

Breaststroke turn -while swimming

Butterfly turn -while swimming

Backstroke flip turn

HELP position- 2 minutes in deep water

Huddle position- 2 minutes in deep water

WS-Basic safety rules for open water

Discuss/Demonstrate-Think So You Don't Sink

Discuss-Swim with a Buddy in a Supervised Area

Discuss Learn About Boatin' Before You Go Floatin'

Exit Skill

1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke

2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes

3. Perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of depth of 7-10 ft., return to surface and return to starting point

Using a pace clock

Swimming using equipment-25 yards

Pull buoys

Fins

Paddles

Discuss/Demonstrate-Setting up exercise program

Various training techniques

Calculating target heart rate

Aquatic exercise

Exit Skills

1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.

2. Perform the Cooper 12-min swim test, and compare results with the pre-assessment results.