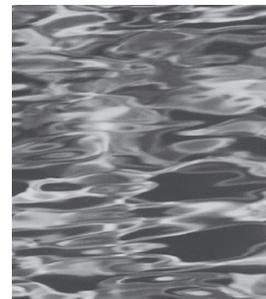


Adult Swimmer

At-a-glance

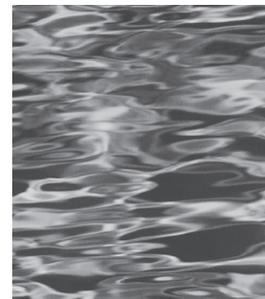
The Adult Swimmer program is for beginners who may be just starting out or swimmers who just want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth recognizable strokes. Targeted Water Smart® drowning prevention messages are an integral part of the Swim for Life® program. These messages are delivered in all Adult Swimmer levels. Instructors should be prepared to adapt these items and awards to accommodate the needs of adult learners and provide the flexibility for them to select the skills they want to learn to achieve their personal swimming goals.



| Adult 1 | Adult 2 | Adult 3 |
|---|--|--|
| Entries and Exits | | |
| <ol style="list-style-type: none"> 1. Enter and exit shallow water 2. Jump into deep water, return and exit 3. Sideways entry wearing PFD | <ol style="list-style-type: none"> 1. Standing dive into deep water 2. Forward roll entry into deep water with and without PFD 3. Tuck jump (cannonball) into deep water | <ol style="list-style-type: none"> 1. Shallow dive into deep water 2. Stride entry into deep water 3. Compact jump into deep water |
| Surface Support | | |
| <ol style="list-style-type: none"> 4. Tread water 30 sec. wearing PFD | <ol style="list-style-type: none"> 4. Tread water 1–2 min. | <ol style="list-style-type: none"> 4. Legs-only surface support 30–60 sec. |
| Underwater Skills | | |
| <ol style="list-style-type: none"> 5. Hold breath underwater 5–10 sec. 6. Submerge and exhale 5–10 times 7. Open eyes underwater 8. Recover object from bottom in chest-deep water | <ol style="list-style-type: none"> 5. Handstand in shallow water 6. Front somersault (in water) 7. Swim underwater 5–10 m | <ol style="list-style-type: none"> 5. Back somersault (in water) 6. Swim underwater 5–10 m to recover object |
| Swim to Survive® Skills | | |
| <ol style="list-style-type: none"> 9. Wearing PFD, jump into deep water, tread 30 sec. and swim / kick on back 5–10 m | <ol style="list-style-type: none"> 8. Canadian Swim to Survive Standard: Roll entry into deep water, tread 1 min. and swim 50 m | |
| Movement / Swimming Skills | | |
| <ol style="list-style-type: none"> 10. Float on front and back 11. Roll laterally front to back and back to front 12. Glide on front, back and side 3–5 m each 13. Flutter kick on front, back and side 10–15 m each 14. Whip kick in vertical position with PFD 15–30 sec. 15. Front crawl or back crawl 10–15 m | <ol style="list-style-type: none"> 9. Flutter kick on back 5 m; reverse direction and flutter kick on front 5 m 10. Flutter kick on front 5 m; reverse direction and flutter kick on back 5 m 11. Whip kick on back 10–15 m 12. Whip kick on front 10–15 m 13. Breaststroke arms drill 10–15 m 14. Front crawl and back crawl 25–50 m each | <ol style="list-style-type: none"> 7. Eggbeater kick on back or scissor kick on side 10–15 m 8. Breaststroke 25–50 m 9. Front crawl and back crawl 50–100 m each 10. Head-up front crawl 10–15 m |

Adult Swimmer

At-a-glance



| Adult 1 | Adult 2 | Adult 3 |
|---|---|---|
| Fitness | | |
| <p>16. Interval training: 4 x 9–12 m flutter kick with 10–15 sec. rests</p> | <p>15. Interval training: 4 x 25 m flutter kick with 15–20 sec. rests</p> <p>16. Interval training: 4 x 25 m front or back crawl with 15–20 sec. rests</p> <p>17. Sprint front crawl 25 m</p> | <p>11. Interval training: 4 x 50 m front or back crawl or breaststroke with 30 sec. rests</p> <p>12. Sprint (25–50 m) front crawl, back crawl, or breaststroke</p> <p>13. Workout 300 m: 50 m warm-up (choice of strokes) 4 x 25 m front crawl with 15 sec. rests 4 x 25 m back crawl with 15 sec. rests 50 m cool-down (choice of strokes)</p> |
| Water Smart® Education | | |
| <p>17. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive; Within Arms' Reach</p> | <p>18. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive; Within Arms' Reach</p> | <p>14. Water Smart messages: Swim with a Buddy; Wear a Lifejacket; Check the Ice; Swim to Survive; Within Arms' Reach</p> |