

ADULT SWIM

LEVEL 1 - LEARNING THE BASICS

SAFETY TOPICS:

- General water safety
- Circle of drowning prevention
- Chain drowning survival
- Swim app info
- Staying smart around the water
- Making good choices for where to swim
- Recognizing an emergency
- How to call for help
- Selecting and fitting an appropriate life jacket
- Reaching assists
- Throwing assists
- Safety topic review
- How to find a Red Cross First Aid/CPR/AED course

NEW SKILLS:

- Enter water (steps or ramp)
- Walk in chest deep water
- Get face wet
- Blow bubbles
- Breath control
- Experience buoyancy (front float holding onto wall)
- Front glide and back glide
- Kicking on front
- Front glide with kick
- Back float, front float
- Recovery from front glide and back glide
- Roll from back to front and front to back
- Back float, independently
- Combined arm and leg actions on front with simultaneous arm action (modified breaststroke)
- Finning on back
- Front glide with kick: roll from front to back while kicking
- Back glide with kick: roll from back to front while kicking
- Combined arm and leg actions on back and front
- Front crawl arms
- Rotary breathing
- Elementary backstroke kick
- Elementary backstroke arms
- Breaststroke kick
- Breaststroke arms
- Survival float
- Enter water by stepping or jumping from side and level off
- Submerge in deep water and recover to surface
- Change from vertical to horizontal position on front and back
- Scissors kick
- Change vertical to horizontal position on front or back and travel toward safety (deep water)
- Tread water using scissors kick or breaststroke kick
- Exit skills assessment

HAMILTON HEALTH & FITNESS