

I can Swim 1

Entries and Exits

1. Enter and exit shallow water
2. Jump into chest-deep water
3. Jump into deeper water wearing a personal flotation device (PFD), return and exit

Surface Support

4. Float on front and back (3-5 sec. each) – unassisted

Underwater Skills

5. Submerge body
6. Open eyes underwater
7. Exhale through mouth and nose –10 times
8. Recover object (with hands) from bottom in chest-deep water

Survival Skills

9. Put on PFD on land
10. Move while floating wearing PFD

Movement Skills

11. Kicking on front and back (3-5m each)

I can Swim 2

Entries and Exits

1. Jump into deeper water, return and exit
2. Sideways entry wearing a personal flotation device (PFD)

Surface Support

3. Front and back float with rollover (6-10 sec.)
4. Surface support (10-20 sec.)

Underwater Skills

5. Recover object (with hands) from bottom in chest-deep water
6. Submerge and hold breath (5-10 sec.)

Survival Skills

7. Kicking on front and back (10m each) with aid

Movement Skills

8. Kicking on front and back (5-10m each) with breathing
9. Whip kick in vertical position (5-10 sec.)
10. Front crawl and back crawl (10-15m each)

Water Safety education

Water Safety - drowning prevention messages are an integral part of the programme. These messages should be embedded in every lesson.

Swimmer 25

Entries and Exits

1. Tuck jump entry (cannonball)
2. Kneeling dive into deep water
3. Forward roll entry into deep water wearing a personal flotation device (PFD)

Surface Support

4. Tread water – 30 sec

Underwater Skills

5. Handstand in shallow water
6. Front somersault (in water)
7. Swim underwater – 5m

Survival Skills

8. Pendulum with change of direction
9. Tread water with aid – 1 min.

Movement Skills

10. Front crawl and back crawl (10-15m each)
11. Whip kick on front with aid (10-15m)
12. Endurance swim (25-50m)

Swimmer 50

Entries and Exits

1. Standing dive into deep water
2. Stride entry into deep water

Surface Support

3. Eggbeater kick with aid – 1 min.

Underwater Skills

4. Foot-first surface dive (max. depth 2m)
5. From side, recover object (max. depth 2m)
6. Back somersault (in water)
7. Submerge and exhale in deep water – 10 times

Survival Skills

7. Put on PFD in deeper water, HELP – 1 min.
9. Head-first sculling on back – 10m

Movement Skills

10. Front crawl and back crawl (25m each)
11. Whip kick on front with aid – 25m
12. Breaststroke arms with breathing (any kick) – 25m
13. Endurance swim (50-100m)

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Swimmer 100

Entries and Exits

1. Shallow dive into deep water

Surface Support

2. Eggbeater kick – 1 min.

Underwater Skills

3. Head-first surface dive (max. depth 2m)
4. Foot-first surface dive (max. depth 2m), swim 5m underwater

Survival Skills

5. Put on PFD in deeper water and swim 25m
6. Foot-first sculling on back – 10m

Movement Skills

7. Front crawl, back crawl, breaststroke (50m each)
8. Sprint – 25m
9. Interval swim – 4 x 25m with 15-30 sec. rests.
10. Endurance swim (100-200m)

Swimmer 200

Entries and Exits

1. Shallow dive into deep water
2. Compact jump into deep water

Surface Support

3. Eggbeater kick (changing direction) – 2 min.
4. Tub position, turn 360° in each direction

Underwater Skills

5. Head-first surface dive (max. depth 2m), swim 5m to recover object

Survival Skills

6. Roll into deep water, tread (1 min.) and swim 50m
7. Head-up front crawl or breaststroke – 25m

Movement Skills

8. Front crawl, back crawl, breaststroke (100m each)
9. Sprint – 25m
10. Interval swim – 4 x 25m with 15-30 sec. rests.
11. Endurance swim (200-300m)

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