



## Adult Swim

### COURSE FACT SHEET

Course	Purpose	Prerequisites
Adult Swim—Learning the Basics	<ul style="list-style-type: none"> <li>• Help participants gain basic aquatic skills and swimming strokes</li> <li>• Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency</li> </ul>	<ul style="list-style-type: none"> <li>• None</li> </ul>
Adult Swim—Improving Skills and Swimming Strokes	<ul style="list-style-type: none"> <li>• Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes</li> <li>• Teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency</li> </ul>	<ul style="list-style-type: none"> <li>• Participants must be:               <ul style="list-style-type: none"> <li>○ Comfortable in chest-deep water.</li> <li>○ Able to put their face in the water.</li> <li>○ Able to perform strokes that can be recognized as front crawl, breaststroke and back crawl, each for 15 yards.</li> </ul> </li> </ul>
Adult Swim—Swimming for Fitness	<ul style="list-style-type: none"> <li>• Refine participants' front crawl, back crawl, and breaststroke strokes and turns and build endurance</li> <li>• Teach skills and concepts needed to stay safe in and around water</li> </ul>	<ul style="list-style-type: none"> <li>• Participants must be able to swim the following strokes, at the level of performance described in the Level 4 stroke performance chart.               <ul style="list-style-type: none"> <li>○ Front crawl, 25 yards</li> <li>○ Breaststroke, 15 yards</li> <li>○ Back crawl, 25 yards</li> </ul> </li> </ul>
<b>Learning Objectives</b>		
<ul style="list-style-type: none"> <li>• See Adult Swim Skills Chart</li> </ul>		
<b>Length</b>		
<ul style="list-style-type: none"> <li>• No minimum number of hours suggested</li> </ul>		
<b>Instructor</b>		
<ul style="list-style-type: none"> <li>• Currently authorized Water Safety (r. 14) instructor</li> </ul>		
<b>Course Completion Requirements</b>		
<ul style="list-style-type: none"> <li>• Demonstrate competency in all required skills and activities, including in-water skills</li> <li>• Successfully complete the level's exit skills assessment (see Adult Swim Skills Chart)</li> </ul>		
<b>Course Completion Cards Issued and Validity Period</b>		
<ul style="list-style-type: none"> <li>• Adult Swim—No validity period</li> </ul>		
<b>Participant Materials</b>		
<ul style="list-style-type: none"> <li>• <i>Swimming and Water Safety</i> (recommended)</li> <li>• <i>Swimming and Diving Skills DVD</i> (recommended)</li> </ul>		

# SKILLS CHARTS

<b>Adult Swim—Learning the Basics</b>	
<b>Prerequisites</b>	
There are no skill prerequisites.	
<b>Goal: Increase comfort level in the water</b>	
<ul style="list-style-type: none"> <li>• Enter chest-deep water</li> <li>• Walk in chest-deep water</li> <li>• Enter water by stepping or jumping in from the side, fully submerge, then recover to the surface and return to the side</li> <li>• Roll from front to back and back to front</li> </ul>	<ul style="list-style-type: none"> <li>• Change from vertical to horizontal position on front and back, in deep water</li> <li>• Change from vertical to horizontal position on front and back then travel toward safety, in deep water</li> <li>• Arm and hand treading actions, 1 minute, in chest-deep water</li> <li>• Tread water using arm and leg actions, 1 minute, in deep water</li> </ul>
<b>Goal: Experience breath control</b>	
<ul style="list-style-type: none"> <li>• Bobbing while moving toward safety, 15 times in chest-deep water</li> <li>• Rotary breathing, 15 times</li> </ul>	<ul style="list-style-type: none"> <li>• Submerge in deep water and recover to surface</li> </ul>
<b>Goal: Experience buoyancy</b>	
<ul style="list-style-type: none"> <li>• Front glide with recovery, 5 body lengths in chest-deep water</li> <li>• Survival float, 30 seconds in deep water</li> </ul>	<ul style="list-style-type: none"> <li>• Back glide with recovery, 2 body lengths in chest-deep water</li> <li>• Back float with recovery, 1 minute</li> </ul>
<b>Goal: Moving through the water (Level 3 Stroke Performance Criteria)</b>	
<ul style="list-style-type: none"> <li>• Combined arm and leg actions on front with alternating arm action, 2 body lengths</li> <li>• Front crawl, 15 yards</li> <li>• Combined arm and leg actions on front with simultaneous arm action (modified breaststroke), 2 body lengths</li> <li>• Breaststroke, 15 yards</li> </ul>	<ul style="list-style-type: none"> <li>• Elementary backstroke, 15 yards</li> <li>• Scissors kick, 15 yards</li> </ul>
<b>Goal: Learn safety skills and safe behaviors in and around the water</b>	
<ul style="list-style-type: none"> <li>• Circle of Drowning Prevention</li> <li>• Chain of Drowning Survival</li> <li>• General water safety</li> <li>• Staying smart around the water</li> <li>• Making good choices for where to swim</li> </ul>	<ul style="list-style-type: none"> <li>• Recognizing an emergency</li> <li>• How to call for help—demonstrate</li> <li>• Selecting and fitting an appropriate life jacket—demonstrate</li> <li>• Reaching and throwing assists—demonstrate</li> </ul>
<b>Exit Skills Assessment</b>	
<ol style="list-style-type: none"> <li>1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.</li> <li>2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.</li> </ol>	

## Adult Swim—Improving Skills and Swimming Strokes

### Prerequisites

Participant must be:

- Comfortable in chest-deep water.
- Able to put his or her face in the water.
- Able to perform strokes that can be recognized as front crawl, breaststroke and back crawl, each for 15 yards.

### Goal: Improve fundamental aquatic skills

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| <ul style="list-style-type: none"><li>• Enter water by stepping or jumping from the side into shoulder-deep water</li><li>• Rotary breathing, 15 times</li><li>• Swim underwater, 3 to 5 body lengths</li><li>• Feetfirst surface dive</li></ul> | <ul style="list-style-type: none"><li>• Tuck surface dive</li><li>• Pike surface dive</li><li>• Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 5 minutes</li><li>• Tread water—using only legs, 2 minutes</li></ul> |
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### Goal: Improve effectiveness and efficiency of swimming strokes (Level 5 Stroke Performance Criteria)

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| <ul style="list-style-type: none"><li>• Front crawl, 50 yards</li><li>• Breaststroke, 50 yards</li><li>• Butterfly, 25 yards (optional)</li></ul> | <ul style="list-style-type: none"><li>• Elementary backstroke, 50 yards</li><li>• Back crawl, 25 yards</li><li>• Sidestroke, 25 yards</li></ul> |
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### Goal: Improve ability to swim continuously and swimming endurance

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| <ul style="list-style-type: none"><li>• Front crawl open turn</li><li>• Back crawl open turn</li></ul> | <ul style="list-style-type: none"><li>• Front flip turn</li><li>• Backstroke flip turn</li></ul> |
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### Goal: Learn safety skills and safe behaviors in and around the water

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| <ul style="list-style-type: none"><li>• Circle of Drowning Prevention</li><li>• Chain of Drowning Survival</li><li>• General water safety</li><li>• Use of life jackets—demonstrate in water</li></ul> | <ul style="list-style-type: none"><li>• HELP position—demonstrate</li><li>• Huddle position—demonstrate</li><li>• Identify the steps of CPR</li></ul> |
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### Exit Skills Assessment

1. Swim front crawl 50 yards, change direction and position of travel as necessary using an efficient turning style and then swim elementary backstroke for 50 yards, also with an efficient turn.
2. Swim breaststroke 50 yards, change direction of travel using an efficient open turn as necessary and then swim back crawl for 25 yards using an efficient back crawl turn.
3. Submerge underwater and swim 5 body lengths underwater without hyperventilation, return to the surface and then exit the water.

## Adult Swim—Swimming for Fitness

### Prerequisites

Participant must be able to swim the following strokes (Level 4 Stroke Performance Criteria):

- Front crawl, 25 yards
- Breaststroke, 15 yards
- Back crawl, 25 yards

### Goal: Improve effectiveness and efficiency of swimming strokes (Level 6 Stroke Performance Criteria)

- Front crawl with open or flip turns, 100 yards
- Back crawl with open or flip turns, 50 yards
- Breaststroke with open turn, 50 yards
- Butterfly with open turns, 50 yards (optional)