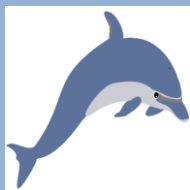
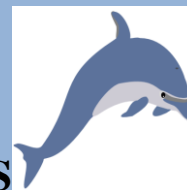


CAVAN REGIONAL HEALTH SPORT & LEISURE COMPLEX LTD



SWIMMING LESSONS SYLLABUS

REVISED EDITION JANUARY 2013



BEGINNER 1

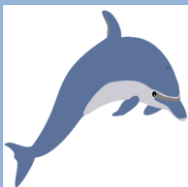


1. Demonstrate safe entry into the water.
2. Movement in the water by any means (walking running jumping)
3. Demonstrate blowing bubbles through mouth and nose.
4. Show ability to immerse face in water and pick up a sinker
5. Push and glide on front (**aided**) from the wall.
6. Push and glide on front (**aided**) to the wall
7. Kick legs at the wall in prone position.
8. Travel 5m in prone position with the aid of a kick board.
9. Travel 5m in supine position with the aid of a kick board
10. Star float with the aid of two kick boards

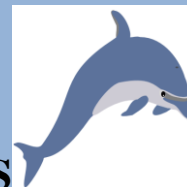
BEGINNER 2

1. Push and glide on front (unaided) from the wall.
2. 5m front crawl, doggy paddle or arm clearing water.
3. Kick breaststroke legs at the wall in prone position.
4. Standing breathing front crawl.
5. Standing breathing breaststroke with arms.
6. Push and Glide on back unaided.
7. Demonstrate sculling arms
8. 5m back crawl leg kick with sculling arms
9. Star float unaided
10. Mushroom float

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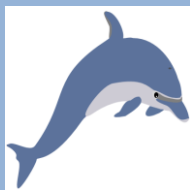
ADV BEGINNER 1

1. Demonstrate Front Crawl Stroke (arms clearing the water) over 10m with breathing.
2. Demonstrate Back Crawl unaided over 10 m
3. Jump unaided into the water.
4. Submerge under water.
5. Breaststroke – 10m with a breath.
6. Demonstrate ability to thread water (15 secs)
7. Show ability to turn from prone to supine.
8. Hand stand in waist or chest depth of water.
9. Dolphin kick 5m on front with 1 complete arm cycle.
10. Push and Glide under water and pick up an object.

ADV BEGINNER 2

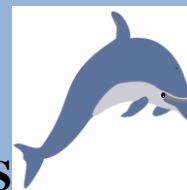
1. Front Crawl – face in water, blowing air out – 15m.
2. Back Crawl – arms clearing water – 15m.
3. Breaststroke – demonstrate good technique – 15m.
4. Tread water (30secs)
5. Attempt Butterfly stroke over 10m.
6. Swim 5m inverted Breaststroke.
7. Demonstrate handstand.
8. Demonstrate sculling action on back.
9. Feet first surface dive – swim 2 underwater.
10. Head first surface dive – swim 2m underwater.

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IMPROVER 1

1. Demonstrate Front Crawl, breathing 2/3 strokes – 2 widths.
2. Demonstrate Back Crawl, good technique – 2 widths.
3. Demonstrate Breaststroke, good technique – 2 widths.
4. Demonstrate Butterfly, fair technique – 2 widths.
5. Treading water – 1 minute.
6. Body position – roll the body in a horizontal position for 360 degrees.
7. Swim 1 width inverted Breaststroke, feet turned out.
8. Straddle jump into 1.5m depth.
9. Feet first surface dive – swim 5m underwater.
10. Head first surface dive – swim 5m underwater.

IMPROVER 2

1. Swim 2 widths inverted Breaststroke, feet turned out.
2. Demonstrate Butterfly (2 kicks, 1 pull) – 2 widths.
3. Swim 25m (good technique) using 2 of the following strokes – Front Crawl, Breaststroke or Backcrawl.
4. Demonstrate a sitting or Kneeling dive at 1.5 m dept only.
5. Demonstrate 1 width sculling head or feet first at least 1 width.
6. Tread water (1 minute 30secs) – Perform a forward tumble of 360 degrees
7. Swim 1 width Individual Medley - Front Crawl, Butterfly, Breaststroke or Backcrawl.