

## Swimmer 1

1. Enter and exit shallow water
2. Jump into chest deep water
3. Wearing a lifejacket: jump into deep water
4. Wearing a lifejacket: tread water (30 sec.)
5. Submerge and exhale (5 times)
6. Open eyes under water
7. Float on front and back (5 sec. each)
8. Roll laterally front-to-back and back-to-front
9. Glide on front, back, and side (3 m each)
10. Flutter kick on front and back (5 m each)
11. Wearing a lifejacket: front crawl (5 m)
12. Water Smart® messages

## Swimmer 2

1. Jump into deep water, return and exit
2. Wearing a lifejacket: sideways entry
3. Tread water (15 sec.)
4. Recover an object from the bottom in chest-deep water
5. Wearing a lifejacket: jump into chest-deep water; tread 30 sec.; swim/kick 15 m
6. Flutter kick on front, back, and side (10 m)
7. Whip kick in vertical position (30 sec.) with an aid
8. Front crawl and back crawl (10 m each)
9. Interval training: 4 x 5 m flutter kick with 20 sec. rests
10. Water Smart® messages

## Swimmer 3

1. Kneeling dive into deep water
2. Forward roll entry into deep water
3. Tread water (30 sec.)
4. Handstand in shallow water
5. Front somersault in water
6. Jump into deep water; tread 30 sec.; swim/kick 25 m
7. Flutter kick on back (5 m); reverse direction, and flutter kick on front (5 m)
8. Flutter kick on front (5 m); reverse direction, and flutter kick on back (5 m)
9. Whip kick on back (10 m)
10. Front crawl & back crawl (15 m each)
11. Interval training: 4 x 15 m flutter kick with 20 sec. rests
12. Water Smart® messages

**Swimmer 4**

1. Standing dive into deep water
2. Tread water (1 min.)
3. Swim underwater (5 m)
4. Canadian Swim to Survive\* standard: roll entry into deep water; tread 1 min.; swim 50 m
5. Whip kick on front (15 m)
6. Breaststroke arms drill (15 m)
7. Front crawl and back crawl (25 m each)
8. Interval training: 4 x 25 m front or back crawl with 20 sec. rests
9. Sprint front crawl (25 m)
10. Water Smart\* messages

**Swimmer 5**

1. Shallow dive into deep water
2. Tuck jump (cannonball) into deep water
3. Jump entry into deep water and tread 2 min.
4. Stationary eggbeater kick (30 sec.)
5. Back somersault in water
6. Roll entry into deep water; tread 90 sec.; swim 75 m
7. Breaststroke (25 m)
8. Front crawl and back crawl (50 m each)
9. Head-up front crawl (10 m)
10. Interval training: 4 x 50 m front or back crawl with 30 sec. rests
11. Interval training: 4 x 15 m breaststroke with 30 sec. rests
12. Sprint front crawl & back crawl (25 m each)
13. Water Smart\* messages

**Swimmer 6**

1. Stride entry into deep water
2. Compact jump into deep water
3. Legs-only surface support (45 sec.)
4. Swim underwater (10 m) to recover object
5. Eggbeater kick on back (15 m)
6. Scissor kick (15 m)
7. Breaststroke (50 m)
8. Front crawl and back crawl (100 m each)
9. Head-up swim (25 m)
10. Interval training: 4 x 25 m breaststroke with 30 sec. rests
11. Sprint breaststroke (25 m)
12. Workout (300 m)
13. Water Smart\* messages