

Fish

Personal Safety:

- Learn skin diving safety,
- Learn about swimming in currents,
- Float 6 minutes in currents,
- Float 6 minutes without IFD
- Tread deep water 3 minutes with combo of kicks,
- Swim cont. 25 yards front and back with PFD,
- Do HUDDLE position with PFD,
- Learn more about sun safety,
- Demonstrate how to treat leg cramps

Personal Growth:

- Learn about team work,
- Reinforce call em, for demon, core values (CRRH),
- Learn safety ad cooperation through games

Stroke Development:

- Crawl stroke 50 yards with rotary breathing; open turns,
- Breaststroke 50 yards with pull, kick, glide, open turns,
- Elementary backstroke 50 yards with glide
- Back crawl 50 yards with roll; bent arm; open turns
- Sidestroke 50 yards with scissors kicks with glide
- Butterfly 25 yards with fins, 15 yards without

Water Sports and Games:

- Scull head first and feet first, 45 ft each,
- Perform the plank,
- Perform variations on strokes,
- Standing dive off 1-meter diving board,
- Sanding dive, tuck without arm swing,
- Standing dive, tuck with arm swing
- Standing dive pike, without arm swing,
- Standing dive pike with arm swing,
- Front dive with spring, tuck,
- Front dive with spring, pike,
- Juggle/pass/catch/dribble while swimming; shooting ball,
- Change from crawl to back crawl quickly,
- Tread water with rotary kick 2 minutes while passing ball,
- Play wetball 5 minutes in deep water,
- Head-first and feet-first surface dive down 6-8 ft,
- Use mask and fins properly

Rescue:

- Do Throwing assist into target,
- Learn accident prevention,
- Pract. Rescue breathing steps with mannuqin

