

Shark

Personal Safety:

- Learn about rafting, tubing safety,
- Learn about open water safety,
- Learn about swimming in rough water,
- Take own heart rate and swim within THRR

Personal Growth:

- Discuss service: give 3 exampl.-1 volunt. Assign.
- Discuss core values (CRRH)

Stroke Development:

- Crawl stroke 100 yards with front start, front flip turn,
- Breaststroke 100 yards with pull- out,
- Inverted breaststroke 50 yards,
- Back crawl 100 yards with dolphin kick, streamlining,
- Overarm sidestroke 50 yards (alternate sides),
- Butterfly stroke 25 yards with push- off, streamlining,
- Trudgen crawl 50 yards, swim individual medley 200 yards

Water Sports and Games:

- Front walkover,
- Do synchro skills with more than two people,
- Create synchro swim formations with others,
- Participate in route with synchro team
- Swim water polo medley,
- Pass the ball, alternation hands,
- Play wetball 5 minutes in deep water,
- Skin div. gear in deep water, surf. Dive to retrieve obj

Rescue:

- Know ice safety and ice rescue,
- Know heat/cold medical cond./ preventions/& first aid,
- Know shock symptoms and treatment,
- Rescue breathing on mannequin, list 3 precautions,
- Learn to open obstructed airway