



Learner's Swimming Lessons



1st Class @ Natatorium / Pool

- > 2nd Class & 1st Class Boy Scout Rank Requirements (#5 BCD / #6 A)
- > Swimming Skills (See Below)

2nd Class @ Natatorium / Pool

- > 1st Class Boy Scout Rank Requirements (#6 E)
- > Swimming Skills (See Below)

3rd Class @ Natatorium / Pool

- > Swimming Skills (See Below)

4th Class @ Natatorium / Pool

- > Swimming Skills (See Below)

5th Class @ Lecture

- > 2nd Class & 1st Class Boy Scout Rank Requirements (#5 A / #6 B)

6th Class @ Natatorium / Pool

- > 2nd Class & 1st Class Boy Scout Rank Requirements (#5 BCD / #6 A)
- > Swimming Skills (See Below)

7th Class @ Natatorium / Pool

- > 1st Class Boy Scout Rank Requirements (#6 CD)
- > Swimming Skills (See Below)

8th Class @ Natatorium / Pool

- > Swimming Skills (See Below)

9th Class @ Natatorium / Pool

- > Swimming Skills (See Below)

10th Class @ Natatorium / Pool

- > Swimming Skills (See Below)

11th Class @ Natatorium / Pool

- > Swimming Skills (See Below)

12th Class @ Lecture

- > 2nd Class & 1st Class Boy Scout Rank Requirements (#5 A / #6 B)
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Learner's Swimming Lessons



SWIMMING SKILLS:

Swimming Skills will be worked on during classes.

Front Crawl - Practice

1. Able to open eyes and exhale underwater
2. Able to kick correctly using whole leg with a kickboard
3. Able reach, catch & push with face in the water

Elementary Backstroke - Practice

1. Able to use arm motion
2. Able to use the whip kick
3. Able to use arms/legs with glide

Backstroke - Practice

1. Able to float on back while using arm motion
2. Able to kick correctly using whole leg
3. Able to use arms/legs together

Sidestroke - Practice

1. Able to use arm motion
2. Able to do the scissor kick
3. Able to use arms/legs with glide/body position

Breaststroke - Practice

1. Able to do the whip kick
2. Able to use arm motion
3. Able to use arms/legs with glide/breathing

All Stokes Notes

4. Able to swim 25 yards with correct form
5. Able to swim 50 yards with correct form

2nd Class / 1st Class Requirements

<i>Pool</i>	<i>Lecture</i>
Second Class Requirements 5. Aquatics B. BSA Beginner Test C. Demonstrate Water Rescue Reaching D. Swimming Rescues Not Attempted & Avoid Contact with Victim First Class Requirements 6. Aquatics A. BSA Swimmer Test C. Identify Parts of a Canoe/Kayak/Other Boat & Identify Parts PaddleOar D. Describe Body Positioning Watercraft & Explain Importance Proper Body Position E. Show Line Rescue	Second Class Requirements 5. Aquatics A. Precautions Safe Swim First Class Requirements 6. Aquatics B. Precautions Safe Trip Afloat.

Please note on Swimming Skills:

We work on Swimming Strokes, each stroke has certain requirements that we strive for. The strokes they will be working on their swimming skills starting out will be: front crawl and elementary backstroke. Other strokes will then be worked on sidestroke, breaststroke, & back crawl. If they need assistance on any particular stroke, let us know and we can work on it!