

Adult 1

1. Enter and exit shallow water
2. Jump into deep water, return and exit
3. Wearing a lifejacket: sideways entry
4. Wearing a lifejacket: tread water (30 sec.)
5. Hold breath underwater (5-10 sec.)
6. Submerge and exhale (5-10 times)
7. Open eyes under the water
8. Recover object from bottom in chest-deep water
9. Wearing lifejacket, jump into deep water; tread 30 sec.; kick on back (5-10 m)
10. Float on front and back
11. Roll laterally front to back and back to front
12. Glide on front, back and side (3-5 m each)
13. Flutter-kick on front, back and side (3-5 m each)
14. Whip-kick in vertical position (15-30 sec.)
15. Front crawl or back crawl (10-15 m)
16. Interval training: 4 x 9-12 m flutter kick with 10-15 sec. rests
17. Water Smart® messages

Adult 2

1. Standing dive into deep water
2. With/without a lifejacket: forward roll entry into deep water
3. Tuck jump (cannonball) into deep water
4. Tread water (1-2 min.)
5. Handstand in shallow water
6. Front somersault in water
7. Swim underwater (5-10 m)
8. Canadian Swim to Survive® standard: roll entry into deep water; tread 1 min.; swim 50 m
9. Flutter kick on back (5 m); reverse direction roll to front; flutter kick on front (5 m)
10. Flutter kick on front (5 m); reverse direction roll to back; flutter kick on back (5 m)
11. Whip kick on back (10-15 m)
12. Whip kick on front (10-15 m)
13. Breaststroke arms drill (10-15 m)
14. Front crawl and back crawl (25-50 m each)
15. Interval training: 4 x 25 m flutter kick with 15-20 sec. rests
16. Interval training: 4 x 25 m front/back crawl with 15-20 sec. rests
17. Sprint front crawl (25 m)
18. Water Smart® messages

Adult 3

1. Shallow dive into deep water
2. Stride Entry into deep water
3. Compact jump into deep water
4. Legs-only surface support (30-60 sec.)
5. Back somersault in water
6. Swim underwater (5-10 m) to recover object
7. Eggbeater kick or scissor kick on back (10-15 m)
8. Breaststroke (25-50 m)
9. Front crawl and back crawl (50-100m each)
10. Head-up front crawl (10-15 m)
11. Interval training: 4 x 50 m front crawl, back crawl, or breaststroke with 30 sec. rests
12. Sprint front crawl, back crawl, or breaststroke (25-50 m)
13. Workout (300 m)
14. Water Smart® messages