

# Adult Swimmer At-a-glance

Whether you're just starting out or want help with your strokes, our Adult Swimmer Program is for the young at heart — no matter what your age. Whether your goals are to learn the basics or gain skill with swimming strokes your instructor will be able to provide you the support that you need. Teens and adults alike will develop water confidence and smooth, strong strokes to use for lane swimming or be fit enough for the beach.

## Adult 1

1. Enter & exit shallow water
2. Jump into deep water, return & exit
3. Side roll entry wearing PFD
4. Wearing PFD, tread water (30 sec.) with sculling arm action
5. Hold breath under water (5–10 sec.)
6. Exhale under water through mouth & nose (5–10 times)
7. Open eyes under water
8. Recover object from bottom in chest-deep water
9. Wearing PFD, jump into deep water, tread 30 sec. & kick on back (5–10 m)
10. Float on front & back
11. Roll laterally front to back & back to front
12. Glide on front, back & side (3–5 m each)
13. Flutter kick on front, back & side (5–10 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

## Adult 2

1. Standing dive into deep water
2. Forward roll entry into deep water with & without PFD
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); pendulum roll to front; flutter kick on front (5 m)
10. Flutter kick on front (5 m); pendulum 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– 5 m)
14. Front crawl & 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 or back crawl with 15 – 20 sec. rests
17. Sprint front crawl (25 m)

## Adult 3

1. Shallow dive into deep water
2. Stride entry into deep water
3. Compact jump into deep water
4. Tread water legs only (30–60 sec.) using any kick
5. Back somersault (in water)
6. Swim underwater (5–10 m) to recover object
7. Eggbeater kick or scissor kick on back (10–15m)
8. Breaststroke (25–50 m)
9. Front crawl & back crawl (50–100 m each)
10. Head-up front crawl (10–15 m)
11. Interval training:  
4 x 50 m front or back crawl or breaststroke with 30 sec. rests
12. Sprint front crawl, back crawl, or breaststroke (25– 50 m)
13. Workout (300 m)



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*The Lifeguarding Experts*



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**Fitness Swimmer** Get in, get fit and create workouts that are worthy of your time!

**Bronze Medallion | Bronze Cross** Put your swim skills into action & learn lifesaving skills!

**Become an NLS Lifeguard** Get in the fast lane and step up to the challenge of lifeguarding!

**Become an Instructor** Catch the buzz from seeing your students learn to swim!