



Adult Swim Improving skills & Strokes

Enter water by stepping or jumping from the side, fully submerge, then recover to the surface	Front glide, 5 body lengths, with recovery, (in chest-deep water)
Roll from front to back, then back to front.	Survival float, 30 seconds (in deep water)
Change from vertical to horizontal position on front and back (in deep water)	Back glide, 2 body lengths, with recovery, (in chest-deep water)
Change from vertical to horizontal position on front, and back, then travel toward safety (in deep water)	Back float, 1 minute, with recovery
Arm and hand treading actions (in chest-deep water)	Front Crawl, 15yds
Tread water using arm and leg actions, 1 minute (in deep water)	Breaststroke, 15yds
Bobbing while traveling toward safety, 15 yards (in chest-deep water)	Elementary Backstroke, 15yds
Rotary breathing, 15 times	Scissors Kick, 15yds
Submerge and recover to surface (in deep water)	

