



Beach Swim Program

At a glance

Please note these are only some of the skills for each level and descriptions do not include the evaluation criteria

Beach 1

- Front and Back Floats for 5 seconds
- Front and Back Glides for 3 meters
- Assisted Side Glide
- Roll-over Floats, front to back, back to front
- Flutter Kick on front and back for 5 meters
- Front Crawl for 5 meters
- Jumps, Treads and Front Crawl wearing a PFD

Beach 2

- Front Glide/Side Glide combination 10 meters (assisted)
- Flutter Kick on front and back for 10 meters
- Side Glide for 5 meters
- Front Crawl for 7 meters
- Back Swim with Shoulder Roll for 7 meters
- Interval Training
- Sideways Entry wearing a PFD

Beach 3

- Flutter Kick for 5 m and direction change
- Vertical Whip Kick for 30 seconds
- Side Glide for 10 meters
- Front Glide/Side Glide combination for 10 meters
- Front Glide for 15 meters
- Back Crawl for 10 meters
- Kneeling Dive

Beach 4

- Whip Kick on Back for 10 meters
- Front Glide/Side Glide combination for 20 meters
- Front Crawl for 20 meters
- Back Crawl for 15 meters
- Standing dive
- Treading water for 1 minute
- Interval Training

Beach 5

- Whip Kick on front for 15 meters
- Breast Stroke arm drills 15 meters
- Front Crawl for 50 meters
- Back Crawl for 25 meters
- Shallow dive
- Sprint swims
- Head up Front Crawl for 10 meters

Beach 6

- Stationary Eggbeater kick for 30 seconds
- Scissor kick for 15 meters
- Breast Stroke for 25 meters
- Front Crawl for 75 meters
- Back Crawl for 50 meters
- Compact jump
- Work out swim

Beach 7

- Eggbeater kick for 25 meters
- Whip kick on back for 25 meters
- Breast Stroke for 50 meters
- Front Crawl for 100 meters
- Back Crawl for 75 meters
- Stride entry
- 200 meter distance swim

Beach 8

- Vertical Eggbeater for 90 seconds
- Lifesaving kick for 50 meters
- Breast Stroke for 50 meters
- Front Crawl for 125 meters
- Back Crawl for 100 meters
- Stride entry followed with head up front crawl
- 300 meter distance swim