

## **VCU Recreational Sports Intermediate Adult Swim Lesson Descriptions**

---

Participants in the **Intermediate Adult Swim lesson class** will continue stroke development and improve performance in freestyle, backstroke and elementary backstroke and will be introduced to the sidestroke and dolphin kick (butterfly kick).

**Prerequisites:** Completion of Beginner Adult Swim Lessons or equivalent skills

Participants in the Intermediate Adult Swim lesson class will be taught:

- ❖ Safe practices in and around water
  - Swimming with a life jacket
  - Swimming with clothes
  - Reach and throw assist
  - Moving to safety without swimming (hopping)
  - Survival floating
  - Skull on back for 30 seconds
- ❖ Proper use of swimming equipment (fins, kickboard, and pull buoy)
- ❖ Headfirst entry from side of the pool
- ❖ Swim underwater for 10 yards
- ❖ Rotary breathing
- ❖ Perform a feet first surface dive
- ❖ Tread water for 30 seconds in deep water
  - Using scissor kick
  - Using breaststroke kick
  - Using rotary kick
- ❖ Perform open turns
  - While swimming freestyle
  - While swimming backstroke
- ❖ Perform dolphin kick for 10 yards
- ❖ Swim all strokes for at least 25 yards (one length)
  - Freestyle
  - Backstroke
  - Elementary Backstroke
  - Breaststroke
  - Sidestroke

All of the above skills must be completed before moving on to the **Advanced Adult Swim lesson class**.