



PVSWIM ACADEMY SYLLABUS



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LEVEL

1

ENTRY & EXIT

- SLIDE IN ENTRY AND EXIT

MOVEMENT & SWIMMING STROKES

- FRONT STREAMLINE KICK UNASSISTED
- BACK KICKING UNASSISTED

FLOATING & SCULLING

- FRONT & BACK FLOAT AND RECOVER TO SECURE POSITION UNASSISTED

UNDERWATER & BREATHING SKILLS

- BLOW BUBBLE IN WATER WITH FACE FULLY SUBMERGED
- SUBMERGE AND RECOVER AN OBJECT FROM WATER OF CHEST DEPTH

SURVIVAL SKILLS

- PADDLE KICK UNASSISTED



LEVEL

2

ENTRY & EXIT

- STEP IN ENTRY

MOVEMENT & SWIMMING STROKES

- FRONT KICK & CHANGE ARMS (OPTIONAL), CAN CHANGE ARMS TOGETHER OR CATCH UP PULL
- BACK KICK & CHANGE ARMS (OPTIONAL), CAN CHANGE ARMS TOGETHER OR ONE BY ONE

FLOATING & SCULLING

- WATER TREADING LEG ACTION USING FLOATATION AID (NOODLES), SUPPORTING THE BODY IN AN UPRIGHT POSITION
- ROLL OVER WITH KICKING FRONT & BACK

UNDERWATER & BREATHING SKILLS

- SWIM UNDERWATER AND RECOVER AN OBJECT FROM WATER OF CHEST DEPTH

SURVIVAL SKILLS

- WATER TREADING FOR 10 SECONDS UNASSISTED



LEVEL

3

ENTRY & EXIT

- SAFELY PERFORM A COMPACT JUMP

MOVEMENT & SWIMMING STROKES

- FREESTYLE SWIM WITH SIDE BREATHING BOTH SIDE & CHANGE ARMS
- BACKSTROKE SWIM & CHANGE ARMS WITH RECOVERY POSITION
- BREASTSTROKE KICK (SYMMETRICAL ACTION)

FLOATING & SCULLING

- DEMONSTRATE FEET FIRST SCULLING ON THE BACK
- WATER TREADING LEG & ARM ACTION USING FLOATATION AID (NOODLES), SUPPORTING THE BODY IN AN UPRIGHT POSITION

UNDERWATER & DIVING SKILLS

- KNEEL DIVE, SWIM UNDERWATER AND RECOVER AN OBJECT AT THE FLOOR

SURVIVAL SKILLS

- WATER TREADING FOR 30 SECONDS UNASSISTED
- SURVIVAL BACKSTROKE WITHOUT ARM ACTION

LEVEL

4

ENTRY & EXIT

- SAFELY PERFORM FALL IN ENTRY

MOVEMENT & SWIMMING STROKES

- FREESTYLE SWIM WITH HIGH ELBOW RECOVERY POSITION
- BACKSTROKE SWIM & CHANGE ARMS WITH RECOVERY POSITION
- BREASTSTROKE KICK WITH PULL & RECOVERY POSITION (TIMING)
- BUTTERFLY KICK

FLOATING & SCULLING

- DEMONSTRATE FEET FIRST SCULLING ON THE BACK
- DEMONSTRATE HEAD FIRST SCULLING ON THE BACK

SAFE DIVING SKILLS

- KNEEL DIVE
- LUNGE DIVE

SURVIVAL SKILLS

- SURVIVAL BACKSTROKE WITH ARM ACTION
- WATER TREADING FOR 1 MINUTES

LEVEL

5

ENTRY & EXIT

- SAFELY PERFORM FALL IN ENTRY

MOVEMENT & SWIMMING STROKES

- FREESTYLE SWIM WITH CORRECT TIMING
- BACKSTROKE SWIM & CHANGE ARMS WITH RECOVERY POSITION (TIMING)
- BREASTSTROKE SWIM
- BUTTERFLY SWIM

FLOATING & SCULLING

- DEMONSTRATE HEAD FIRST SCULLING ON FRONT

DIVING & TECHNIQUE SKILLS

- PLATFORM DIVE (CROUCH DIVE)
- FREESTYLE TUMBLETURN

SURVIVAL SKILLS

- SURVIVAL BACKSTROKE WITH ARM ACTION
- WATER TREADING FOR 1 MINUTES & SWIM 1 MINUTES



LEVEL

6

ENTRY & EXIT

- DEMONSTRATE AN ENTRY SELECTED BY COACH

MOVEMENT & SWIMMING STROKES

- FREESTYLE SWIM
- BACKSTROKE SWIM
- BREASTSTROKE SWIM
- BUTTERFLY SWIM (TIMING)

FLOATING & SCULLING

- HEAD FIRST SCULLING ON FRONT
- FEET FIRST SCULLING ON FRONT

DIVING & TECHNIQUE SKILLS

- PLATFORM DIVE (TRACK START)
- 4 STROKES OF TUMBLETURN

SURVIVAL SKILLS

- SURVIVAL BACKSTROKE 25 METRES





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THANK YOU!

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