Instructor: Kathy Broderick

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Attendance: Students must attend 80% of the classes

Course Objectives:

1. Demonstrate technical competence in executing the following strokes:
   - Front Crawl
   - Back Crawl
   - Breast Stroke
   - Elementary Back
   - Side Stroke

2. Successfully complete an Endurance Swim

Practical Evaluation: 80%

1. Technical Swim

   Students must complete 25m of each stroke using proper technique. Arm action, leg action, body position, head position and breathing will be evaluated

2. Timed Swim

   Students must complete a timed swim. (Front Crawl). Distance and time will be determined in class.

3. Endurance Swim
Students must complete an endurance swim using any stroke combination. Distance will be determined in class.

4. Deep Water Skills
   - Front Dive
   - Stride Jump
   - Treading Water

5. Starts and Turns
   Students must demonstrate the starts and turns learned in class

Theory Examination: 20%

Students must complete a written exam based upon the information presented in class.