

SWIMMING 33M

Nine Weeks - 9:30 M.W.

Required Reference: "Swimming and Diving", by American Red Cross.

Suggested References:

Life Saving and Water Safety, by American Red Cross
Beach and Pool Magazine

Journal of Physical Education, by the Y.M.C.A.

Swimming Simplified, by Lyba and Lida Sheffield

Scholastic Coach Magazine

Fun in the Water, by H. D. Edgreen.

A. Content of Course

1. Basic Leg and Arm Strokes
 - a. Side
 - B. Breast
 - c. Crawl
2. Continue elementary back stroke
3. Turning
4. Treading
5. Underwater swimming
6. Dives
 - a. Front
 - (1). Standing
 - (2). Running
 - b. Back dive
 - c. Jack-knife
 - (1). Forward
 - (2). Backward
 - d. Somersaults
 - (1). Front
 - (2). Back
7. Side Stroke
 - a. Underarm
 - b. Overarm
8. Breast stroke
9. Inverted breast stroke
10. Trudgeon
11. Trudgeon crawl
12. Back crawl
13. Recreational Aquatics
 - a. Fancy swimming and sculling
 - b. Stunt and comic diving
 - c. Group stunts
 - d. Group games
 - e. Tag games
 - f. Team games
 - g. Short plays
 - h. Partner contests