

Objectives:

1. To stay afloat for a long period of time
2. To swim long distances without exhaustion
3. To swim under water
4. To enter the water without submerging
5. To be at home in the water fully clothed
6. To render assistance to another person in the water

Organization:

1. The size of the class should be determined by the available space, the length of the class period and the ability of the group. When able assistants are available to the instructor in charge, the class size may be increased without risking the safety of the participants.
2. Classes should be subdivided into small units.
3. The buddy system should be used. (Each girl is paired with another whose whereabouts she knows at all times.)
4. An adequate check in and check out system should be established.

Activities:

1. Staying afloat.

All girls should be taught to stay afloat by:

a. floating

Reference. American Red Cross. Swimming and diving, Philadelphia, P. Blakiston's Son and Co. 1938. p. 59

b. sculling

c. treading water

2. Fundamental strokes.

The most valuable strokes in emergency situations are:

a. side strokes: valuable in life-saving and swimming with equipment
References. War Department. Basic Field Manual, PM 201-20.
Physical Training. Washington, D. C., Superintendent of Documents,
March 6, 1941. p. 102. American Red Cross. Op. cit. p. 117

b. breast stroke: useful in life-saving.

c. back stroke: excellent for a tired swimmer, for swimming with equipment and for life-saving.