

C. Stroking

1. Human or Dog Paddle
 - a. Simple stroke. Requires very little time to learn.
2. Beginners' Back Stroke.
3. Side Stroke: For long distance swimming and life saving.
4. Modified Overarm Stroke:
 - a. This is really an overarm stroke with a slow easy up and down kick of the legs. The leg kick is executed slowly, and knees may be bent slightly. The swimmer determines the leg beat. This kick requires less energy than any other kick.

D. Advanced instruction for swimmers interested in life saving, crawl, back crawl, diving or other swimming skills.

E. Water functioning Equipment

1. Practice should be given in the use of the United States Naval life saving jackets and belts as often as possible. As these are water functioning equipment, the recruit should be made familiar with their operation.

F. Interest

1. Simple competitive events such as floating for time, gliding for distance, plunge for distance, and various trick races may be used to develop enthusiasm.
2. Foster platoon competitions of various kinds. Esprit de corps developed.
3. Water games
4. Publicity (stories and pictures) through the station newspaper.

Note: All photographs reprinted courtesy American Red Cross.