

1. Overcoming fear of the water
2. Prone glides
3. Rhythmic breathing
4. Development of elementary crawl, side and back strokes
5. Floating
6. Finning and sculling
7. Feet foremost and head foremost dives
8. Elementary turns.

The student must continue taking the course until the end of the first nine weeks. If he is not sufficiently advanced at that time to pass the swimmer's test he must enroll in swimming until he is able to pass the swimming requirement.

B. The Toughener Course (Required). The following activities will be used in these classes to toughen and condition the men:

1. Body conditioning exercises
2. Running
3. Hiking
4. Obstacle course
5. Relays
6. Combatives
7. Team contests
8. Tumbling and apparatus
9. Stunts and self-testing activities
10. Mass games and contests (vigorous)
11. Judo (Jiu-Jitsu)
12. Miscellaneous games and stunts)