



**BLUES  
VENTURES**

TRUST THE PROCESS

# SWIM SYLLABUS & LESSON PLANS

[www.bluesventures.my](http://www.bluesventures.my)



# OVERVIEW





# Young Adults / Adults Syllabus

• Ages 13 & above



# YOUNG ADULTS / ADULTS LEVEL 1

● Pre-Beginner

## Water Confident

- Introduction to water & focusing on being comfortable in the water and willing to participate in all activities.

## Breathing

- Submerge whole face while bubble with Mouth 10 counts smoothly

## Front Floats

- Front floats for 10 seconds

## Back Floats

- Back floats for 10 seconds

## Freestyle Swim

- Freestyle kicking
- Freestyle change hand
- Freestyle side kicking
- Freestyle 3 pull 1 breath



# YOUNG ADULTS / ADULTS LEVEL 2

Beginner

## Freestyle Swim

- Freestyle swim 3 pull 1 breath with constantly kick and hands timing

## Backstroke Swim

- Backstroke Kicking Backstroke change hand with constantly kick

## Rotation Kick

- 6 Kicks turn to front or back
- Full body submerge and kicks with 5m

## Survival Skills - Water Treading

- Head maintain on the water for 30 seconds with any kick

## Sculling

- Proper sculling without kicking for 2 meters

## Tumble Turn

- Turns on the wall for both freestyle and backstroke

## Diving

- Basic diving with one leg kneel



# YOUNG ADULTS / ADULTS LEVEL 3

Intermediate

## Freestyle Swim

- Freestyle swim 3 pull 1 breath with constantly kick and hands timing

## Backstroke Swim

- Backstroke swim with constantly kicking and change hands timing

## Survival Skills - Double Arm Pull On Back

- Double Arm pull with back kicking

## Water Treading

- Maintain head on the water for 30 seconds



# YOUNG ADULTS / ADULTS LEVEL 4

● **Advanced**

## **Breaststroke Swim**

- Breaststroke swim with proper stroke and timing

## **Butterfly Swim**

- Butterfly 2 kicks 1 pull with proper stroke and timing

## **Sculling**

- Proper sculling without kicking for 3 minutes

## **Double Arm Pull with Breaststroke kick**

- Two arm pull and breaststroke kick on the back



# Mini Squad

- After complete all strokes



# Mini Squad

## Competitive

### Freestyle Swim

- 50 Meter 0:55 second
- 100 Meter 1:20 second

### Backstroke Swim

- 50 Meter 1:10 second
- 100 Meter 1:40 second

### Breaststroke Swim

- 50 Meter 1:05 second
- 100 Meter 1:50 second

### Butterfly Swim

- 50 Meter 1:15 second
- 100 Meter 2:00 second

### IM Swim

- 50 Meter 1:20 second
- 100 Meter 2:50 second

### Strokes Correction

- All stroke including diving & underwater

### 4 Strokes Turn

- Freestyle turns
- Backstroke turns
- Breaststroke turns
- Butterfly turns