



# Sailor and Submarine Swimming Program

(Intermediate and Advance Swim & Survive)



<b>Torpedo Aqua-Sailor Program (Level 1)</b>		<i>Approximately 3-6 months to completion</i>
<b>SKILL 1</b>	Front & Back Glide (5M)	
<b>SKILL 2</b>	Front & Back Float (30s)	
<b>SKILL 3</b>	Submerge & Blow Bubbles	
<b>SKILL 4</b>	10M- Backstroke	
<b>SKILL 5</b>	20M- Frontcrawl	
<b>SKILL 6</b>	Correctly fit a PFD with clothes, Jump in water & Exit from wall	
<b>SKILL 7</b>	Safety knowledge (theory)	
<b>Torpedo Aqua-Sailor Program (Level 2)</b>		<i>Approximately 3-6 months to completion</i>
<b>SKILL 1</b>	Step in entry	
<b>SKILL 2</b>	Recover object from shallow water (0.9-1.2M Depth)	
<b>SKILL 3</b>	Sculling and treading water for 1 Min	
<b>SKILL 4</b>	15M- Breaststroke	
<b>SKILL 5</b>	25M Frontcrawl, 25M Backstroke	
<b>SKILL 6</b>	15M- Swim with clothes, Scull & Float for 1Min	
<b>SKILL 7</b>	Wear PFD, jump in water, Swim 25M and exit from wall, safety knowledge (theory)	
<b>Torpedo Aqua-Sailor Program (Level 3)</b>		<i>Approximately 3-6 months to completion</i>
<b>SKILL 1</b>	Straddle jump	
<b>SKILL 2</b>	Swim through 2 hoops/ 2M apart (Using Flutter Kicks)	
<b>SKILL 3</b>	Sculling and treading water for 2 Min	
<b>SKILL 4</b>	15M- Survival Backstroke	
<b>SKILL 5</b>	25M Frontcrawl, 25M Breaststroke, 25M Backstroke	
<b>SKILL 6</b>	Swim 25M with clothes to a PFD and correctly fit it in water	
<b>SKILL 7</b>	Understanding principle of rescue, self-preservation, safety knowledge (theory)	
<b>Torpedo Aqua-Submarine Program (Level 1- Aligned to Swimsafer Bronze Skills)</b>		<i>Approximately 3-6 months to completion</i>
<b>SKILL 1</b>	Perform a Compact jump, then a Front Somersault in water	
<b>SKILL 2</b>	Feet first surface dive & swim through 2 hoops/ 2M apart (Using Breaststroke)	
<b>SKILL 3</b>	Treading water for 3 Min	
<b>SKILL 4</b>	25M- Frontcrawl, 25M Breaststroke, 25M Backstroke, 25M Survival Back, 15M Sidestroke	
<b>SKILL 5</b>	Wear clothes, Swim 3 Min changing stroke alternately at every 25M mark	
<b>SKILL 6</b>	Continue from skill 5- Wave for help, swim to a flotation aid and return	
<b>SKILL 7</b>	Throw a flotation aid 2M to partner and instruct to recover back, safety knowledge (theory)	
<b>Torpedo Aqua-Submarine Program (Level 2- Aligned to Swimsafer Silver Skills)</b>		<i>Approximately 3-6 months to completion</i>
<b>SKILL 1</b>	Perform a Crouching dive, then a Back Somersault in water	
<b>SKILL 2</b>	Feet first surface dive & swim through 2 hoops/ 3M apart (Using Breaststroke)	
<b>SKILL 3</b>	15M- Dolphin Kicks	
<b>SKILL 4</b>	50M Frontcrawl, 50M Breaststroke, 50M Backstroke, 50M Survival Back, 25M Sidestroke	
<b>SKILL 5</b>	Wear long shirt & pants- Swim 45M Frontcrawl, wave for help, wear a PFD treading water	
<b>SKILL 6</b>	Continue from skill 5- Execute H.E.L.P technique with PFD and Swim 25M back	
<b>SKILL 7</b>	Throw a flotation aid 3M to partner and instruct to recover back, safety knowledge (theory)	
<b>Torpedo Aqua-Submarine Program (Level 3- Aligned to Swimsafer Gold Skills)</b>		<i>Approximately 3-6 months to completion</i>
<b>SKILL 1</b>	Perform a Standing dive	
<b>SKILL 2</b>	20M- Butterfly	
<b>SKILL 3</b>	100M Frontcrawl, 100M Breaststroke, 100M Backstroke, 100M Survival Back, 50M Sidestroke	
<b>SKILL 4</b>	Wear long shirt & pants- Head 1 <sup>st</sup> dive, Swim through hoops/ 5M apart, 45M Frontcrawl	
<b>SKILL 5</b>	Continue from skill 4- 50M Breaststroke, Remove pants, Tread water 5min making float	
<b>SKILL 6</b>	Continue from skill 5- Execute H.E.L.P technique with self-made float and Swim 25M	
<b>SKILL 7</b>	Safety knowledge (theory)	

Note: Class ratio is 1:6 for Sailor group and 1:8 for Submarine levels. Lesson duration: 40-45mins  
All survival skills must be performed without goggles.

