

## Swimmer 7-10

Age	Level	
<b>8 - 12 years</b>	<b>Swimmer 7</b>	This program develops swimming strength & efficiency with an emphasis on personal responsibility. Participants will swim 100m in 3 minutes, do a compact jump, perform the eggbeater kick (1 min) and endurance swim (200-300m).
	<b>Swimmer 8</b>	Participants will deepen their understanding of safe water rescue through victim simulation and minor first aid treatment. They will swim 200m in 6 minutes. Participants will learn how to perform non-contact rescue to enhance capability in the water.
	<b>Swimmer 9</b>	Participants will complete a 300m timed swim (in 9 minutes or less) and endurance workouts. Water rescue skills include turning and supporting a victim face up in shallow water and a 20m rescue with a towing aid and more advanced first aid skills.
	<b>Swimmer 10 (Bronze Star)</b>	This course is in preparation for Bronze Medallion, emphasizing swimming skills and lifesaving fitness. Participants develop problem-solving and decision-making skills individually and with partners and learn how to take charge in an emergency. Bronze Star is the prerequisite to Bronze Medallion (if swimmer is not 13 years old.)