

OUTLINE SHEET 2.2
SWIMMING PROFICIENCY AND CONDITIONING

INTRODUCTION

Swimming Proficiency and Conditioning is designed to provide the Rescue Swimmer with the purpose and value of gradually building strength and perfecting stroke mechanics.

ENABLING OBJECTIVES:

2.5 Perform Swimming, Proficiency and Conditioning drills and timed swim evolutions in accordance with the lesson guide.

TOPIC OUTLINE

- A. Swimming Proficiency
- B. Conditioning Drills
- C. Timed swims

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