

**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.

TOPIC OUTLINE

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

OUTLINE SHEET 2.2
SWIMMING PROFICIENCY AND CONDITIONING

THIS PAGE INTENTIONALLY LEFT BLANK