



February 2026: Dev. 1 or Level 4

1) 3 x SL to flags

Streamline to the flags with all 3 things: Lock thumb, squeezed ears, looking down.

2) 3 x SL + 5 FREE + 1 Breath on 3rd stroke

Set up lane. Push off on right. Streamline underwater. At the surface take 5 strokes of front crawl. On the 3rd stroke take a quick breath. Focus on swimming in position 11.

3) 3 x FINS Sprint to the flags

With fins on, let swimmers do any kick or swim to get to the flags. The goal is to have fun, use the fins, and encourage going underwater. Key element to focus on is using the fins well to push the water to move faster.



4) 2 x 25 Free Kick with Fins and Kickboard

With fins and a kick board do 2 x 25's focusing on a strong kick. Optionally do backstroke kick on the return (2nd 25).



5) 2 x 25 Position 11 Catch-up Drill

With FINS. With Kick board. Holding the bottom of the kick board in position 11, swim front crawl 25 yards. Breath on any stroke. 1 arm moves at a time. The other hand remains in position 11 holding onto the board. 1 hand on board at all times. Strong kick.

6) In a back float throw a ball and catch it.

Float on back with or without support from INS. Swimmer holds a soft toy; throw it up, and catch it. Do it again while INS pulls swimmer through the water.



7) 3 x SL on BK to flags + 3 BK

Start back strokes AFTER the flags. Practice for stroke counting.

Back Crawl Arms:



Body position: feet train comfort & relax

Flat body line, belly near surface. Head sitting up, ears in water. Balance, keep head back but up, attempt to lift high. Decelerate while gliding on back and kick to move faster.

Thumb, "bl," pinky, push

Thumb hits first out of water. All arms, open hand to water "bl," palm back or under front body. Enter water with pinky first. Anchor high in position 11.

Push/pull straight arm first, then bend elbow

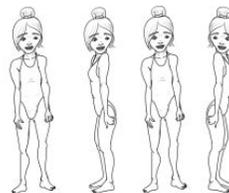
Big circles best at first, ignore hands and bending until large "rocket" is mastered. Touch hand turning up, height of reach 1/2. Don't bend at elbow past. Refuse arms to slide after contact.

Body line, hip rotation

Hips and shoulders rotate with arms. A glide on back 1/2 way, arms stretch 1/2. Avoid spaces near hips keep arms moving.

8) 2 x 25 HLBw/R

Head Lead Balance with Rotation. Start on BK. Head does not move. Hips rotate to 90° to the surface. Rotate hips and shoulders while kicking.



9) Push off the wall with hands

In a streamline position (reverse) push off the wall with your hands to move feet first. Without kicking or breathing see who can go farthest!

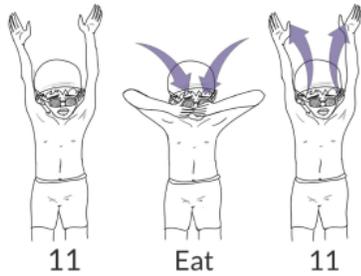




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10) 5 x SL + 2x (11, Eat, 11)

Do the breaststroke arm MOTION, not a swim. Focus on elbows high, scoop to hips, return to 11.



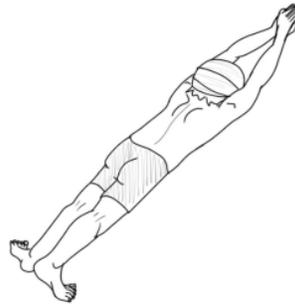
11

Eat

11

11) 5 x SL + FLEX

Review on the deck first. Hold streamline throughout. Enter flex position after push off the wall.



SL + Flex

12) Sit on the bottom

Sit on the bottom with legs crossed and hands on knees. Hold for 2 seconds. BONUS: Put your nose and belly button on the bottom at the same time. Hold for 3 seconds.



13) Fly Arms on Deck

Practice doing butterfly arms while on the deck. Move slowly through the arm strokes. Start in Position 11, push down in front of the body, swing wide through airplane position and clap the back of your hands above the head (above the shoulders).

Avoid reaching forward so that the arms are at 90 degrees to the body.

14) 3 x SL + 2 Fly arms with no kick

Do a streamline without kicking underwater. Once at the surface do 2 butterfly arm strokes.

Okay if the recovery (arms swinging through airplane and back to position 11) pushes the body backwards.

Goal is not a "swim" but instead doing the arm motion well with arms swinging wide.

15) Push off the wall in Airplane

Push off the wall in airplane position on the surface or underwater. See who can go the farthest without kicking or breathing!



16) 3 x SL + 5 FREE + 1 Breath on 3rd stroke

Set up lane. Push off on right. Streamline underwater. At the surface take 5 strokes of front crawl. On the 3rd stroke take a quick breath. Focus on swimming in position 11.

17) 2 x 25 Position 11 Catch-up Drill

With FINS. With Kick board. Holding the bottom of the kick board in position 11, swim front crawl 25 yards. Breath on any stroke. 1 arm moves at a time. The other hand remains in position 11 holding onto the board. 1 hand on board at all times. Strong kick.

18) Without kicking, scull to the flags

No streamline. No Kick. Can put head in the water.