

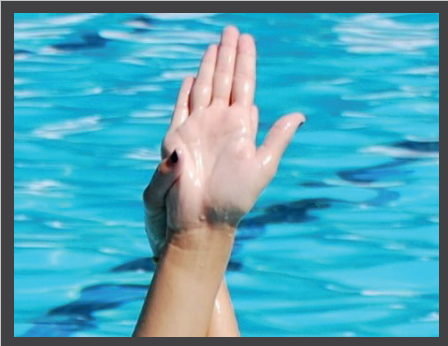
STREAMLINE: THE ESSENTIAL SWIM SKILL



Script:

- Lock Your Thumb
- Squeeze your Ears
- Look Down

Repetition is the name of the game. The more we repeat this mantra for Streamline, the easier it will be to provide general correction.



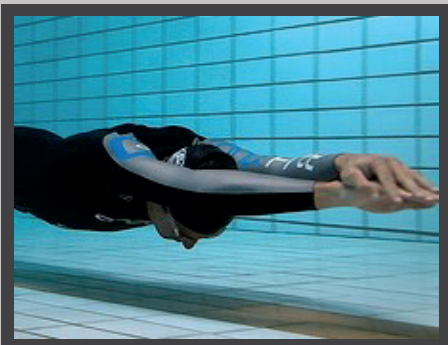
- Lock Your Thumb

Wrap your top hand's thumb around the outside of your bottom hand. This ensures a strong squeeze and prevents the hand from slipping off.



- Squeeze your Ears

Press into your top hand's thumb as you flex your arms to squeeze your ears with your elbows. Arms go over ears, not eyes or back of head.



- Look Down

Keep your spine in line and flat by flexing your back and stomach, point your face perpendicular to the bottom (or surface). Face points down

POSITION 11: USED IN EVERY STROKE



Script:

- Keep your Arms straight
- Stay on the Surface
- Look Down

Every stroke goes through position 11: Back, Breast, Fly, and Free all travel through this arm position. Establish a feeling for this arm location.



- Keep your Arms Straight

We call it position 11 because the arms look like 1's. Keep them straight, biceps in, palms down. Avoid doggie paddle



- Stay at the Surface

Stay on the surface the whole time. Typical to sink when breathing, Put effort into keeping body at surface of water.



- Look Down

When not breathing face should be straight down, perpendicular to the bottom. Straight body, straight line, easier to move.

POSITION 11: 3 THINGS TO MAKE EASIER



Script:

- Keep Body Straight
- Breathe Quickly
- Kick Faster when you do breathe

Typical Pain Points:

- Doggie Paddle to breathe
- Slow kick
- "U" shaped body
- Lifted head when not



- Keep Body Straight

Body should remain as straight as possible. Squeeze belly to spine, or in, support lower back by tilting hips forward a little.



- Breathe Quickly

Lift the head straight up to take a quick breath. Most issues arise from holding breath too long.

-Breathe Quickly and often

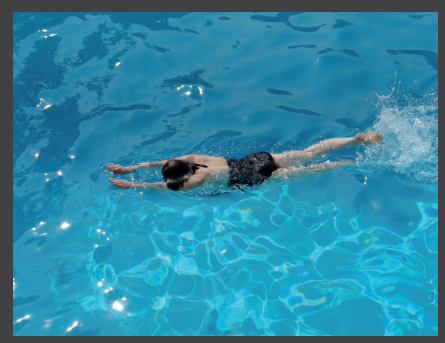


- Kick Faster when you do breathe

To stay at the surface when breathing, turn on the kicks!!! (flutter)

-Increase the kick speed to keep the body at surface.

SUPPORTED FRONT GLIDES

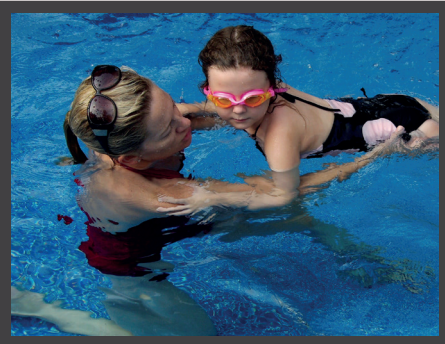


Script:

- Stand up Straight
- Put your arms out in front of you
- Put your face in the water
- Push off to me

Goals for Front Glides:

1. Face in the water
2. Flat, straight body on the surface
3. Arms straight out in front, Position 11 or Streamline
4. Flutter kicking from the hips (no flopping feet from large knee bend)
5. Independent Horizontal motion at the beginning into support



- Hands on Shoulders

- Instructor starts near swimmer
- Instructor can stand just out of arm's reach, child must reach for support

- Stand immediately in front of swimmer
- Give script, but say, "Put your hands on my shoulders"
- Support their hips or belly to keep it near the surface. Goal is for them to do it alone eventually.
- Swimmer should have straight arms
- Constantly encourage to put face in "Put your [chin, lips, nose, eyes] in"



- Hands on Hands

- Instructor supports swimmer by holding their "streamlined" hands (one on top of the other)
- Instructor uses other hand to support belly

- Stand immediately in front of swimmer just out of arm's reach
- Hold your hand out palm up at the surface of the water, and have swimmer with straight arms, jump to you with face in water. Use the Script.
- If comfortable, can back up a little to make initial jump farther before supporting the hands.



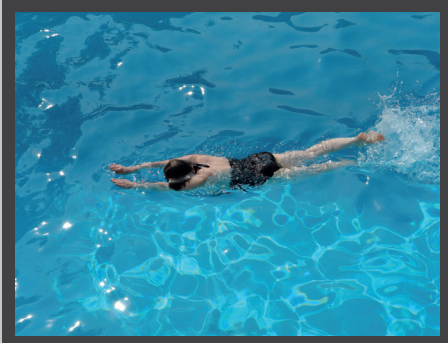
- Hands on Fingertips

- Instructor puts their fingertips under the "streamlined" hands of the swimmer
- Support is largely mental, and fingertips are reminder of support

- Instructor only does spot support. Touch with the fingertips to establish a mental connection. "Instructor is there, but not actively supporting or lifting."

- WARNING!!! Do NOT do a support like pictured to left. Holding the belly with feet behind instructor does nothing for swimmer. This is counterproductive.

UNSUPPORTED FRONT GLIDES



Script:

- Stand up Straight
- Put your arms out in front of you
- Put your face in the water
- Push off to me

Unsupported Front Glide Goals:

1. Begin with shoulders in the water, arms straight, face down.
2. Push off horizontally along surface
3. Instructor starts close to participant and gradually moves away each attempt.
4. Instructor DOES NOT MOVE from location once swimmer initiates a glide.



- Start Low, Push off on Surface

Swimmer should be low in the water when they initiate a glide

This minimizes the depth that they can travel. We want to focus on the glide and the sensation of horizontal motion, not an inefficient Jump up and then a fall.



- Focus on Face Down, Body straight

Put your face in the water:

Our Primary goal is horizontal motion, our secondary goal is with the body straight and the face perpendicular to the bottom, or looking down with whole face.

-Reinforce this each attempt.



- Help them out if they struggle, or come out of the glide.

Be there to support them when they breathe, or stop

We are not as interested in letting them struggle and doggie paddle. We're attempting to establish repetitive habitual movements. We want lots of short front glides without the head up.

SUPPORTED BACK GLIDES



Script:

- Stand up Straight
- Turn around (away from teacher)
- Put your shoulders in the water
- Tilt your head back
- Push off to me

Goals for Back Glides:

1. Straight, flat body at the surface, ears in the water
 2. Head mostly perpendicular to surface, looking up, slightly over toes
 3. Horizontal push at start, no Up and Down motions: "Tilt head back" ensures flatter initial movement
- Gentle whole leg kicks



- Head on Shoulder

- Tilt head back on to Instructor's shoulder
- Get a cheek to cheek connection to allay fears

- Stand immediately behind swimmer
- Give script, but say, "Tilt your head back on to my shoulder"
- Support their hips or belly to keep it near the surface.
- Attempt to create length in swimmer's body
- Can hold legs just over knees to do Kicks for swimmer.



- Head in Hand

- Instructor supports swimmer by holding their head with their palm.
- Point Palm UP, cup back of swimmer's head
- Use second hand to support back

- Stand immediately behind swimmer about arms length away
- Put the web (between thumb and pointer) against swimmer's neck, just below crown of their head
- Swimmer tilts head back on to your upraised palm. Hold head firmly
- Force swimmer to use their own body to keep at surface, other hand can help



- Fingertips on neck

- Instructor puts their fingertips under the neck of swimmer
- Support is largely mental, and fingertips are reminder of support

- Instructor only does spot support. Touch with the fingertips to establish a mental connection. "Instructor is there, but not actively supporting or lifting."
- Instructor can guide swimmer with their fingertips by dragging in circle motion to return swimmer to start location

UNSUPPORTED BACK GLIDES

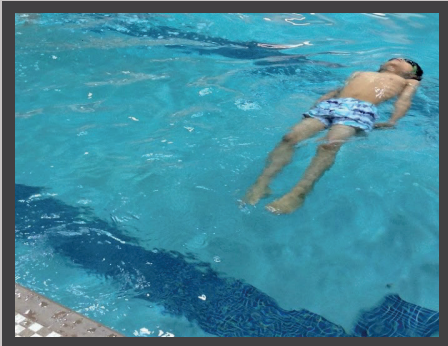


Script:

- Stand up Straight
- Turn around (away from teacher)
- Put your shoulders in the water
- Tilt your head back
- Push off to me

Unsupported Back Glide Goals:

1. Begin with shoulders in the water, soldier position, head tilts back
2. Push off horizontally along surface
3. Instructor starts close to participant and gradually moves away each attempt.
4. Instructor DOES NOT MOVE from location once swimmer initiates a glide.



- Start Low, Push off on Surface
- Tilt head back into hand, or gently onto water surface

Swimmer should be low in the water when they initiate a glide

This minimizes the depth that they can travel. We want to focus on the glide and the sensation of horizontal motion, not an inefficient Jump up and then a fall.



Focus on:

- Body Straight
- Face looking over toes, slightly tucked
- Ears in water
- Kick without knees up

Body Posture

- The biggest issue with Back Glides come from a bent body, or a wiggly torso when swimming. Make sure the body is engaged and straight, spine long.

-Encourage soldier position for beginners over streamline on Back.



-Help them out if they struggle, or come out of the glide.

Lift the head to indicate a stop

Instead of picking up child, lift the head up to force them to drop their hips when you want them to stop. This teaches them how to stand or go upright on their own.

- If they struggle or panic, gently help

BREASTSTROKE: ARMS



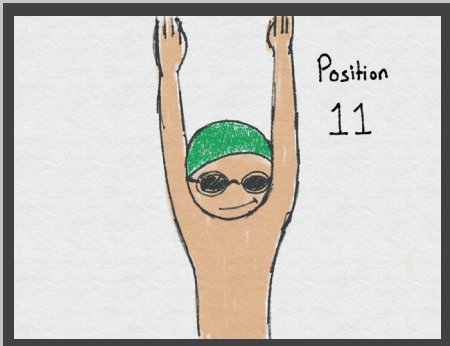
Script:

- 11
- Y
- Eat
- Reach

Goals for Breaststroke Arms:

Beginners: Follow exact precise arm motions. More about the choreography of the motions and less about pulling or swimming. Focus on the “dance” and arm locations and flow.

Advanced: Become more fluid and squeeze the elbows together between Y and Reach; Hands “turn the corner”

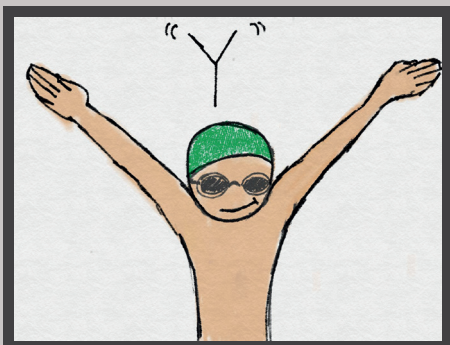


- 11

- Position 11 arms

- Body in Soldier, arms raised directly over shoulders
- Elbows straight
- Hands flat, palms down

-To transition from 11 to Y:
Turn palms out, sweep out with arms straight to a Y position. Keep elbows straight, smooth separation of arms

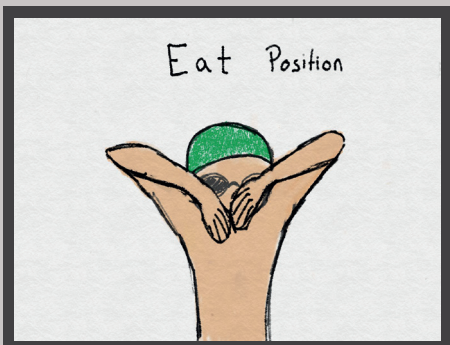


- Y

- Sweep arms out into a “Y” over head
- Avoid Airplane, or T
- Elbows remain straight
- Palms flat, or turned out

- Most common issues are swimmers being sloppy with bent arms, and sweeping out too far.

- To transition to Eat:
 - Keep elbows up in air, bend at the elbow
 - Sweep hands down to cover mouth
 - NO WINGS!!! Elbows do not flap down.



- Eat

- Elbows stay high, hands bend at elbow to cover mouth
- No ‘wings’

- To transition to Reach, or 11:

- Shoot hands up quickly to 11
- Squeeze elbows together above head
- Swing hands up directly from face.
- Avoid circle motions, elbow wing flapping, or crossing arms over head.

-Reach: return to position 11

BREASTSTROKE: KICK

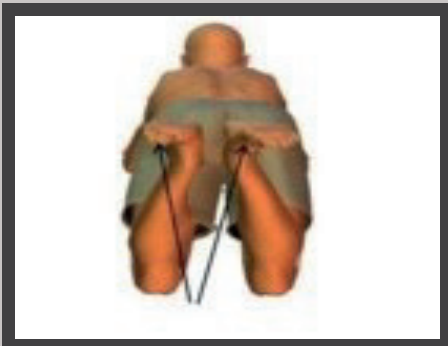


Script:

- Suit
- Flex
- Circle
- Squeeze

Breaststroke Kick Goals:

Beginners: Like the arms, focus primarily on learning each step of script exactly. Most important portion is the FLEX. Emphasize pushing with inside of foot. Less about foot path and motion than propulsion
Advanced: Quick heels, toes turned out

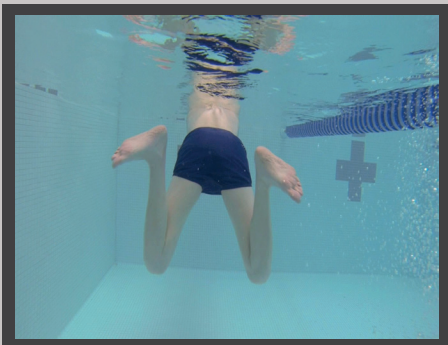


- Suit

-Bend feet at knees, lift up to thigh. Bring feet to the 'suit'

Clarify: "Suit" is about bringing the foot to the suit area, or up to the hamstring/thigh. Foot to swim suit.

- The first step has no other fancy motions or movements.
- Avoid Lifting the knees forward or up. Keep quads and thighs straight, down.

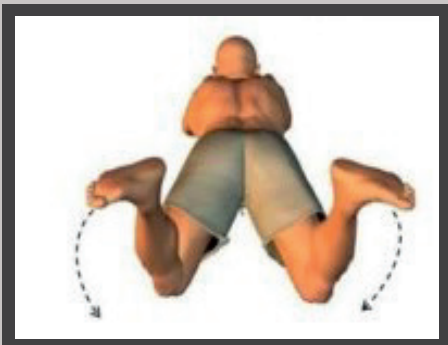


- Flex

- Easy to do on land, difficult to master in the water.

Flex Progression: on deck

- Place 1 foot forward
- Lift toes and ball of foot up, heel down
- Turn toes out to the side, away from other foot, rotate on heel
- Curl toes up to point at face
- Do other foot
- Do both feet together



- Circle

- Squeeze

Maintain FLEX to push

- Focus 1st on foot technique. Avoid propulsion if possible. Feet should travel in specific motion before providing movement.
- Push water like passing soccer ball w/ inside of foot.
- Travel in a 1/2 circle and squeeze feet

BREASTSTROKE: DRILLS



2 Kicks, 1 Pull

- Do 2 breaststroke Kicks to each arm stroke
- Focus on length
- Get long in position 11 during both kicks
- Completely under on 2 kicks

Drill Skill Focus: Long body on kick, extending to full length, Learning Kick is movement driver in BR

- Head Down
- Arms straight
- Complete each kick

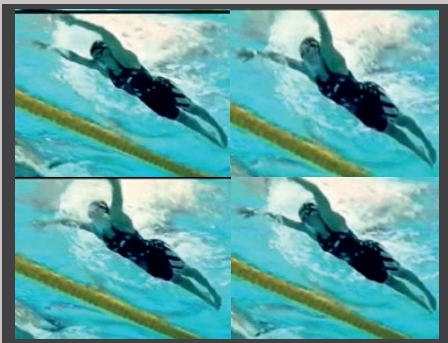


Freestyle Kick, Breaststroke Arms

- Constant FR kick while doing BR arms strokes
- No pause in kicking
- When the arms move, travel SUPER fast

Drill Skill Focus: Fast shoot arms, quick reaches, Corrects arms that pause when breathing

- Emphasize quick and immediate “shoot” or “reach” forward during breath
- Pause in Position 11 for 5 kicks b/w strokes



Sculling

- Arms not for much propulsion
- Elbows stay mostly straight
- Push out with palms,
- Turn Corner in quick scoop
- Palms in, push back together

Drill Skill Focus: Learning how to “turn the corner” to pull through water. The transition between the push out and the push in pulls body through water.

- Do gentle FR kick to support body at surface
- Do no kick, maintain straight, flat body



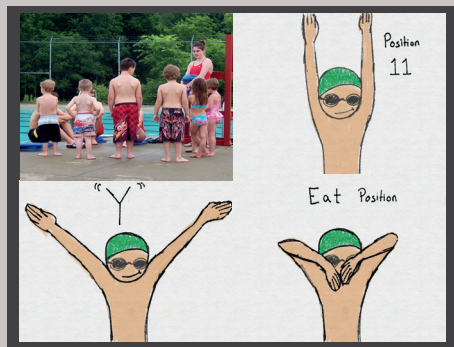
Breaststroke Kick on back, with kickboard

- Hold board over belly button and thighs, just above knees
- Kick BR only

Drill Skill Focus: Not lifting knees quads up to belly. Feet travel down, away, or up to the butt area, no accordion legs.

- Go SLOW. Focus more on path foot travels than body speed
- Head, torso, thighs remain still, knees down travel
- Repetition of good quality better

BREASTSTROKE: PROGRESSIONS

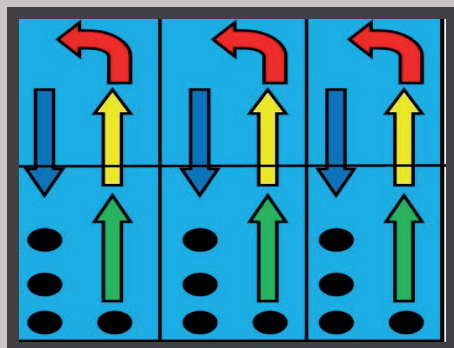


Deck Arm Progression

- Demonstrate and speak with each step: 11, Y, Eat, Reach
- Do 10 times
- Everyone do 5 times on own saying each step to self
- Each: say and show steps to group
- Repeat daily

Go SLOW

- Practicing on deck can be boring, and difficult for shoulders.
- Essential, mirrors in water movements.
- Practice now, no need to think later
- Maintain Soldier position as best as possible throughout



Water Short Distance Arms

- Streamline, no kick, 2x [11, Y, Eat, and Reaches] No breath
- Streamline, 1x [11, Y, Eat and Reach] + [1 BR Kick]. Do separately; 2 distinct elements
- Streamline, 1x [11, Y... with Breath] + 1 [BR K]

- No breathing, face down, body flat, arms will not make you move.
- Do each step exactly same as deck
- Kick WILL make propulsion.
- Maintain body straight
- Focus on Doing each step of arms and kick as if a dance, specifically choreographed. Add a pause beat



Deck Kick Progression

- Sit on edge, butt about to fall in, legs start and end straight just at surface
- 10x [Straight to Suit]
- 10x [Suit to Flex]
- 10x [Flex to Straight]**
- 30x [BR kicks]

Look at your Feet

- Most important is flexing feet. Go slowly if needed. Focus on repetition. Be specific with each foot movement
- ** Most difficult. Travel in a circle and push back to straight position from flex
- Lots of small, short, easy repetitive movements make the whole better



Kick, Drill, Swim

- 2x 25 BR Kick w/ kickboard
- 2x 25 BR Kick on Back w/ Noodle under armpits: Look at Feet
- 2x 25 BR Drill: 2K + 1 P
- 2x 25 BR Drill: FR K + BR arms
- 1x 50 BR

- Kicking is important. Remember to do it often, without regard to speed, but quality
- Use Drills to emphasize specific deficiencies

Think swim as: 1x [11, Y, Eat w/ a breath, Reach], then a kick w/ face down in position 11. Go slow, finish each kick.

01

SIT ON THE SIDE, FEET IN THE WATER

Have each child sit on the wall, in a line.
Instructor should be in water.

02

RED LIGHT GREEN LIGHT

While sitting on side:
Green Light = Fast KICKS
Yellow Light = Baby kicks
Red Light = No Kicks
Purple Light = SILLY FACE!

03

FACE IN THE WATER

Put each body part in the water, up to child's level of comfort:

Do 3 times each:

- Chin
- Lips
- Each Ear
- Nose
- Forehead
- Full Face

04

BLOWING BUBBLES

Use ping pong ball, or floating toy to each child.

-Place toy in water and use bubbles or blowing to move the toy to a specific place.

-Smile and encourage those that make bubbles.

05

MAKE A CAKE

Second Best game Ever!

- Get a hula Hoop
- Have each child hold onto the hoop.
- Go first, splash water into hoop center; pick ingredient to add to cake.
- Have each child do same
- Sink hoop underwater to "put in the oven"
- Do other activity like Front floats
- Ask if cake is ready? Pull up together; eat by splashing

06

BACK FLOAT

Quick, fast, repetition
5mins.

Say these words each time:

- "Stand up straight"
- "Turn around (away from instructor)"
- "Put your shoulders in the water"
- "Tilt your head back" (either into hand or onto shoulder)
- "Lift your belly to the sky"

07

FRONT FLOAT BASICS

Quick, Fast, repetition
5mins

Goal: Flat body position on surface of the water.

Instructor shoulders in the water; face the child.

- "Put your arms on my shoulders"

- "Push off with me"

- "Put your face* in the water, kick, and blow bubbles"

*Adjust lips, nose, face for comfort.

08

ARM CIRCLES

Most Level one swimmers will not be able to do the precise movements for front and back crawls b/c of age.

Focus on GENERAL motion.

Straight, windmill arms ok.

-Get Ice Cream flavor from each child.

- Make spoons with hands
- Do arm strokes to "scoop" ice cream (water) into a bucket behind child.
- Make the biggest sundae!

-Practice with barbell, kickboard, or noodle. Hold child body, they move arms.

09

MORE TIME LEFT? REPEAT 06-08

JUMPING FROM THE WALL

Class sit on edge of wall. One at a time, stand up, and hold child's hands and "jump" into water. You control if face goes in water.

01

ENTER THE WATER

- Have each child sit on the edge
- Repeat all names, and do kicks equal to number of letters in name.
- Encourage swimmers to get in water by themselves.
- Give assistance where needed.

02

SIMON SAYS

- EXP: "Simon says splash your hands!"
- You demonstrate, kids mimic
- Do: Kicking, Arm Circles, Face in water, Bubbles.
- Repetition is key
- One action must be going underwater to level of comfort (lips, nose, eyes)

03

COMBINE ARM CIRCLE AND KICKS

- Use a wall, edge, barbell, or platform railing.
- Have child hold with hands
- Practice kicking while holding. Arms straight as possible
- Add arm circles
- Add bubbles
- Add face in water

04

FLOATS

Review Script from Day One.

- BACK:
- "Stand up straight"
 - "Turn around"
 - "Put your shoulders in the water"
 - "Tilt your head back"

- FRONT:
- "Put your arms on my shoulders"
 - "Push off with me"
 - "Put your face in the water, kick, and blow bubbles"

05

BOBS, GOING UNDERWATER

Teacher goes underwater first. ****MUST DO THIS****

- Act excited and happy about going underwater
- Go one at a time
- Go all together

- *If a child won't go under:
 - "You don't have a choice, you have to put something underwater."
 - Offer options in order: Eyes, Nose, Lips, Chin, Shoulders

06

GLIDES

Follow Floats PICTURE

- FRONT:
- Your shoulders in the water
 - Swimmer's hands on your shoulders
 - Keep swimmer body flat on the surface of the water
 - Encourage Kicking, Face in

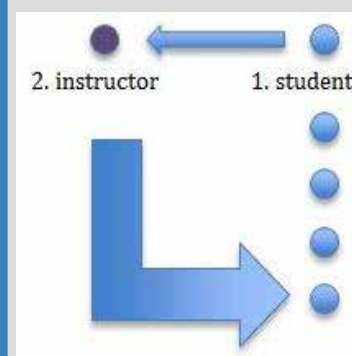
- BACK:
- Hold swimmer by the crown (back) of the head
 - Walk backwards
 - Goal keep body at surface

07

RETRIEVE OBJECTS UNDERWATER/ JUMPS

Items Needed:
Rings, Sticks, Sinking toys

- Give each swimmer a toy
- Swimmer can throw or drop toy into the water
- You go underwater and demonstrate how to get first toy.
- If cannot go under, encourage to bend, use hands, feet, etc to get toy higher
- *Tie to jumping in. Jump, then get toy



Use the Graphic to do these floats repeatedly.

Quick, fast, feedback, Repetition is goal for teacher.

- Say Script
- Give feedback
- Give chance to do again back to the line
- Give feedback once in line again

01

GO UNDERWATER COMPLETELY ON OWN

Ask each student how old they are and have them do that many bobs. Be sure the child is going completely under the water.

02

SUPPORTED FRONT FLOAT

Follow Script:

- "Put your arms on my shoulders"
- "Push off with me"
- "Put your face* in the water, kick, and blow bubbles"

Encourage to put face in the water. Blow bubbles, count toes, look for rings.

03

JUMPS FROM THE SIDE

Give each child choice:

- "Do you want to go underwater or not?"
- Jump in holding hands, control depth of entry

04

SUPPORTED BACK FLOATS

Follow Script:

- "Stand up straight"
- "Turn around"
- "Put your shoulders in the water"
- "Tilt your head back"
- "Lift your belly to the sky"
- Cradle head with palm

Encourage the correct form:

- Ears in the water
- Head back
- Belly up
- Feet not sinking under

05

BUCKET-HEAD

Play Buckethead, the best game of all time.

- Your enthusiasm will make the game better.

- Pour water on child's head, yelling "BUCKETHEAD"

07

FLOATS, GLIDES AT LOCATION

Once you reach your location after kicking there,

- put float assist toys on the wall
- have child either sit on edge or hang on wall
- take turns doing various activities.

- Front Floats/Glides with support
- Back floats/glides with support
- Practice arm circles
- Jumps (controlling if face goes in water or not).

****Goal****

Do everything you would do in shallow modified for deep.

Goal to make deep end or location not scary by doing same things same way.

06

KICK TO THE DEEP END

Or other specific location.

- Get barbells, noodles, kickboards, and kick somewhere.

- Help each child out by kicking their feet with them.
- Grasp child's knees, or just above the knee to move their feet in the correct kicking motion.

Floppy feet, "paint a fence with toes"

08

BAKE A CAKE OR GAME

Bake a Cake Game, or pick another game:

- Rings
- Ducks
- Treasure Hunt
- Lifeguard (rescue a float)
- Jumps with floats

GOAL each game to go underwater with whole face

FIN

REPEAT 06-08

Mix up the last few things as needed. Focus on what children are deficient in.

Inject games, or jumps as rewards in between activity.

In all things focus on going underwater repeatedly.

01

ENTER WATER SUPER HERO SWIM

Enter the water giving assistance, but encourage to enter on their own.

Super Hero Swim:

- Hold hula hoop just under the surface
- Kids take turns “flying” through the hoop like Superman (front glide-ish)
- Ask their superhero name
- Ask what their super power is

-Each goes through 3x

02

SUPPORTED BACK FLOATS

BACK: Use script

- “Stand up straight”
- “Turn around
- “Put your shoulders in the water”
- “Tilt your head back”

Day 4, try to limit amount of support if possible, use just hand, or just fingertips if comfortable enough to hold child at surface.

03

JUMPS FROM THE SIDE

-Hold the child's hands when they jump in, controlling how deep their face goes into the water.

-Ask each child before jumping:

“Do you want to go underwater or not?”

04

SUPPORTED FRONT FLOATS

Using the rotation technique, use the script:

- “Put your arms on my shoulders”
- “Push off with me”
- “Put your face in the water, kick, and blow bubbles”

05

FRONT CRAWL ARM ACTION

With child's hands on your shoulders, their body on surface of water stretching away from you,

- Take one hand and move it in an arm stroke motion
- Take other hand, and do arm circle
- Tell child to do 3 arms on their own, prompting them to use correct arm when needed. Each go 3x.

06

BACK CRAWL ARM ACTION

Hold child's head, support lower back with other hand. Get child comfortable in water.

- Remove one hand and use it to do the arm circles for backstroke, continuing to support child at surface.
- Switch hands, and move other arm in a circle.

-For kids that have difficult time on their back, place head on your shoulder.

07

BAKE A CAKE

Play the Bake a Cake Game

- Get a hula Hoop
- Have each child hold onto the hoop.
- Go first, splash water into hoop center; pick ingredient to add to cake.
- Have each child do same
- Sink hoop underwater to “put in the oven”
- Do other activity like Front floats
- Ask if cake is ready? Pull up together; eat by splashing

08

KICKING AND JUMPS

Use floating assists like barbells, kickboards, or noodles

- give one to each child
- kick Freestyle kick (flutter) to a specific point in the pool.
- once at other location, do game like jumps
- Before jumping ask to count to 10 in foreign language; or say 3 fruits, etc
- Return to class location by doing flutter kicks on back with float assist toy.

01

GO UNDERWATER COMPLETELY ON OWN

Ask each student how old they are and have them do that many bobs. Be sure the child is going completely under the water.

02

UNSUPPORTED FRONT FLOAT

Transitioning from a supported to unsupported front float takes time, patience, and trust. Start the lesson by having the entire class do a supported front float with their face towards the bottom of the pool with their hands palms down resting on your hands palms up.

03

UNSUPPORTED BACK FLOATS

Transitioning from supported to unsupported floats on their back is a little different than on their front. Start by having the entire class practice their supported back float with their head resting on your hand.

Encourage the correct form:

- Ears in the water
- Head back
- Belly up
- Feet not sinking under

04

UNSUPPORTED FRONT GLIDES

Pass out barbells to the entire class to practice pushing off of the wall with the barbell out to you. Have them push off of your thighs for their return back to the wall.

05

UNSUPPORTED BACK GLIDES

Have all of the kids line up with their hands and feet on the wall ready to push off. One by one have each child preform a back glide to the best of their ability.

07

BACK CRAWL ARM ACTION

In order to teach back crawl arms, have all the students sit along the edge of the pool. Individually tap their thumbs so they are aware of what is coming out of the water first. Encourage their fingers to stay together and that they keep their arms straight. Once they get the arm motion down, have each kid do a supported back float with your hand holding their head while doing the back crawl arm action.

08

BUTTERFLY KICK BASICS

Show them how to move their hips forward and back, and explain to them that is the body dolphin motion they should be doing in the water. Emphasize they always keep their feet together for this kick. They should try it a few times on their own in the water.

09

BREASTSTROKE KICK BASICS

The breaststroke kick is broken down into four distinct motions represented by the words "suit, flex, circle, squeeze."

-Suit: Legs bend at the knee and the heels touch their bathing suit.

-Flex: The feet turn so that the toes are pointing outwards. The feet are flexed.

-Circle: The leg whips around until it is completely straight.

-Squeeze: Continuing from the "circle" motion, the legs squeeze together until they begin the whole process again.

06

FRONT CRAWL ARM ACTION

While sitting on the wall, have each child pick his or her favorite ice cream flavor to imagine swimming in. Then describe to them the scooping and arm motions for front crawl.

01

UNSUPPORTED FRONT FLOATS

As the child grows more comfortable with the front float, attempt to lower your hands away from theirs in the pool so they float there on their own. Be sure to warn the child you will be doing this, but present it to them as them “floating out of your hands” and that they’re the one who no longer needs your help. If you use terminology such as “let go” this makes the kids feel like nobody will be there to catch them if they start to sink.

02

UNSUPPORTED BACK FLOATS

Once the child knows the correct form of a back float, start to ease off on the support until finally they don’t need you at all. The whole time, encourage the correct form: ears in the water, head back, belly up, feet not sinking.

03

FRONT GLIDES

Using the rotation technique, have each child do front glides to the best of their ability (ideally alone) without kicks.

04

BACK GLIDES

Using the rotation technique, have each child do back glides without, and with kicks. Ideally they’ll be independent, but if they need extra help, give it just don’t be afraid to challenge the kids.

05

FRONT CRAWL ARM ACTION

Playing catch-up: Have the child rest his or her hands (palm down) on your hands (palms up). Then, before they go into the front float. The point of this exercise is to get the child used to the alternating action of the arms. Do the motion of this with each child in the class once through while they are standing up on the platforms.

06

BACK CRAWL ARM ACTION

Have them explain which finger comes out of the water and which finger goes into the water first. Demonstrate how to do the arms, and have them mimic the instructor kid do a supported back float with your hand holding their head while doing the back crawl arm action.

07

BUTTERFLY KICK BASICS

Continue to work on having the kids push off of the wall and do their butterfly kick with their hands by their sides. Encourage the correct body position with their head in the water and their hips undulating correctly.

08

BREASTSTROKE (SEE IT & SAY IT)

Have all of the kids sit along the side of the pool and say the script taught before as they perform the corresponding leg movement. They should do this 5 times through sitting and facing towards you. Then, have them turn onto their bellies with their legs dangling into the water and run through the script 5 times with their feet actually in the water. After that, have them practice on their own with barbells saying the script to themselves. The repetition of the script is the most important part that we want to stick with them.

01

BEGINNING ACTIVITY-SIMON SAYS

Start the lesson off by playing Simon Says to review the majority of the skills the kids have been working on. This will touch base and spark their memory regarding the basics of level two.

- Front Crawl Arm Action
- Back Crawl Arm Action
- Bobs
- Flutter Kick
- Breaststroke Kick
- Butterfly Kick

03

KICKING

Have each child pick out a rubber duck from the basket. Have them one-by-one throw their duck out into the water, and kick with a barbell to go save the duck. Do this twice working on flutter kick and two times with breaststroke kick.

05

BACK CRAWL ARM ACTION

Recite Script:

- “Stand up straight”
- “Turn around
- “Put your shoulders in the water”
- “Tilt your head back”

Move their hands for them

- Thumb out of the water
- Wave to the crowd
- Pinky finger enters
- Push
- “Thumb, Hi, Pinky, Push”
- Support the head, and do:
- 3x with each swimmer

04

ARM CIRCLES

Practice while in a group holding wall, edge, or platform.

-Take swimmers out 1 at a time
As you take the kids out, spark their imagination by having them pretend to be dinosaurs and make dinosaur noises with each “monster arm.”

What to look for:

- The child is pulling the water behind them.
- Their arms are straight.
- Their entire arm is coming out of the water each time.
- The child is alternating between arms and is not favoring a certain arm.
- *Challenge the child to add in kicks and bubbles to bring everything together!

02

GLIDES & FLOATS

The students choose if they'd like to start with front or back. Continue to encourage the correct body posture in the water.

- BACK: Head back, ears in the water, belly up.
- FRONT: Face straight down into water, feet not sinking to bottom of pool.

Do 3x each with each swimmer
Support head for BACK and arms for FRONT as needed, push to do without support.

06

JUMPING FROM WALL

Finish the lesson by having each of the children jump from the wall to you with limited assistance 2 times each. If they would like to pretend to be lifeguards and save their ducks, you can have the ducks floating in front of you for them to jump to. If the entire class is extremely comfortable jumping into the water you can have them jump into a hula-hoop you hold out one at a time.

01

BEGINNING ACTIVITY

Hold a hula-hoop halfway underneath the water and have each child go through it doing a front glide with flutter kicks, breast-stroke kicks, and butterfly kicks like a super hero. You can spark their imagination and attentiveness in the activity by first having them choose a superhero name & power then letting them go through the hula hoop.

02

FLOATS

Start by having each child do their back float, and then tell them we're going to check how great their back floats are. Have each child pick a duck from the basket and explain to them you want their tummy to try and be so high into the sky their ducky doesn't fall off their tummy. Get them into the correct position and have the other students count how many seconds the ducky stays in position once they start floating independently.

FRONT:

-Drop rings on bottom, have kids do their front floats with or w/o support to you and count rings.

03

ARM CIRCLES

Start with Front Glides

-Glide to instructor as far as comfortable for each swimmer
-Take 1 step back each time
Do 3x for each child

-Do 3x each child again
-Add arm circles. Give specific number of arm circles to do (3)
_"glide first, then do 3 arm circles to me"

04

BACKCRAWL SKILLS PEANUTBUTTER & JELLY ACTIVITY

Peanutbutter & Jelly Activity Pass out kickboards to the entire class. Have them rub "peanut-butter" onto the kickboard and "jelly" onto their bellies then have them stick the kickboard to their bellies. They then hold on to the kickboard tight while they kick on their backs.

Then:

-Back glides with NO kicks
-Back Glide with Kicks
-Back glide with kicks and arms

05

BREASTSTROKE KICK BUTTERFLY KICK

Review Breaststroke Kick:

-Suit
-Flex
-Circle
-Squeeze

Fly Kick:

-wiggle like dolphin, use hips and chest. Teacher DEMO best.

06

JUMPING FROM WALL WITH RINGS

The kids can throw their own ring into the water and then jump into the water to go and retrieve it. Use up whatever time is left in the lesson to do this activity.

Adjust for effort:

-Ring near wall
-Ring farther away
-Give specific type of jump, or dive
-Jump, go through hula hoop, then get ring
-Specific Kick, or swim to ring

01

ON DECK PRACTICE

While Standing on the deck

10 Lazy Puppet ---> Soldier
(Lazy puppet: let body relax like a puppet with slack strings, pull on the strings up to turn into soldier position)

10 x Soldier --> Streamline

10 x Streamline --> Position 11

02

STREAMLINES

Repeat 3 things for streamline:

- 1) Look down
- 2) Lock Thumb
- 3) Squeeze your ears

Do 5 times, streamline doing all 3 things. Kick feet to move.

Have participants go from bench to bench, or from wall to instructor

03

STREAMLINE + 3 STROKES FREE

do in same location, streamline 1/2 the distance as before, then do 3 strokes of FREE to get the other 1/2 of the distance. Works best if doing from 1 bench to another. Or from 1 specific location in shallow water to another specific location

04

5 FRONT FLIPS

Curl up in a ball, knees to chest, and do 3 front flips.

Attempt to not use hands
Avoid plugging nose
Encourage bubble blowing
Goal to do flips at the surface

05

BREATHS TO THE SIDE

Stand in waist deep water. If you have a platform or bench, stand on top (even tall participants)

-Bend at waist so back, and head is out of water. Most of torso should be at or above surface. Stand on 2 feet.

-Place just the face in the water

10 x blow bubbles down, turn head so just ear and cheek in water, take a breath

10 x to other side.

06

STREAMLINE + 3 STROKES, 1 BREATH

As before, from bench to bench, or from 1 spot to another.

5 x streamline 1/2 distance, 3 strokes freestyle other 1/2. During the 3 strokes, must take at least 1 breath to the side, like we just did before.

Goals:

- Kick whole time
- Do all 3 things for streamline
- Only turn head to side, do not lift it.

07

DISTANCE KICK AND SWIM

Get in a lane with lane lines and do a 50 Free Kick with a kickboard or barbell.

Do 1 length of Back kick in soldier position no kickboard or barbell.

On Return:

With a noodle, or float:
3 strokes with 1 breath free.
5 strokes with 2 breaths free
7 strokes with 3 breaths free

Stop swimmer each time and review technique

08

JUMPS OR GAME

Allow swimmers to do 3 jumps from the side or play a short game.

Game choices:

- Diving rings
- Throw and fetch with float toys
- Biggest Splash contest
- Smallest Splash Contest
- Silly noodle race
- Create a raft of noodles
- Free rides (1 person pulls a partner on float)
- Bounce off bottom and throw up into air

01

ON DECK PRACTICE

While Standing on the deck

10 Lazy Puppet ---> Soldier

10 x Soldier --> Streamline

10 x Streamline --> Position 11

10 x Position 11 --> Free Style Stroke

(return to position 11 with each arm stroke above head

02

STREAMLINES

Repeat 3 things for streamline:

- 1) Look down
- 2) Lock Thumb
- 3) Squeeze your ears

Do 5 times, streamline doing all 3 things. Kick feet to move.

Have participants go from bench to bench, or from wall to instructor

03

BACK GLIDES

Use Script:

- Stand up straight
- Turn away from me
- Put your shoulders in the water
- Tilt your head back
- Push off gently

5 x back glide and kick to other bench or location

Do glides in soldier position

04

STREAMLINE + 3 STROKES FREE

Do in same location, streamline 1/2 the distance as before, then do 3 strokes of FREE to get the other 1/2 of the distance. Works best if doing from 1 bench to another. Or from 1 specific location in shallow water to another specific location

05

BREATHS TO THE SIDE

Stand in waist deep water. If you have a platform or bench, stand on top (even tall participants)

-Bend at waist so back, and head is out of water. Most of torso should be at or above surface. Stand on 2 feet.
-Place just the face in the water

10 x blow bubbles down, turn head so just ear and cheek in water, take a breath

10 x to other side.

06

STREAMLINE + 3 STROKES, 1 BREATH

As before, from bench to bench, or from 1 spot to another.

5 x streamline 1/2 distance, 3 strokes freestyle other 1/2. During the 3 strokes, must take at least 1 breath to the side, like we just did before.

Goals:

- Kick whole time
- Do all 3 things for streamline
- Only turn head to side, do not lift it.

07

BACK GLIDE AND SWIM BACKSTROKE

In same location, repeat script (found above)

5 x back glide in soldier position + 3 strokes BACK

Goals:

- Body straight in soldier
- always kick
- Keep arms moving, avoid stopping arm motion
- when done with strokes, do 1/2 stroke and put arm next to ear above head to stop
- Keep ears in water

08

DISTANCE KICK AND SWIM

Get in a lane with lane lines and do a 50 Free Kick with a kickboard or barbell.

Do 1 length of Back kick in soldier position no kickboard or barbell.

On Return:

With a noodle, or float:
3 strokes with 1 breath free.
5 strokes with 2 breaths free
7 strokes with 3 breaths free

Stop swimmer each time and review technique

01

ON DECK PRACTICE

While Standing on the deck

10 Lazy Puppet ---> Soldier

10 x Soldier --> Streamline

10 x Streamline --> Position 11

10 x Position 11 --> Free

10x Position 11 -> BK stroke
Keep arms moving

02

STREAMLINES

Repeat 3 things for streamline:

- 1) Look down
- 2) Lock Thumb
- 3) Squeeze your ears

Do 5 times, streamline doing all 3 things. Kick feet to move.

Have participants go from bench to bench, or from wall to instructor

03

BACK GLIDES

Use Script:

- Stand up straight
- Turn away from me
- Put your shoulders in the water
- Tilt your head back
- Push off gently

5 x back glide and kick to other bench or location

Do glides in soldier position

04

STREAMLINE + 3 STROKES FREE

Do in same location, streamline 1/2 the distance as before, then do 3 strokes of FREE to get the other 1/2 of the distance. Works best if doing from 1 bench to another. Or from 1 specific location in shallow water to another specific location

05

BREATHS TO THE SIDE

Stand in waist deep water. If you have a platform or bench, stand on top (even tall participants)

-Bend at waist so back, and head is out of water. Most of torso should be at or above surface. Stand on 2 feet.
-Place just the face in the water

10 x blow bubbles down, turn head so just ear and cheek in water, take a breath

10 x to other side.

06

STREAMLINE + 3 STROKES, 1 BREATH

As before, from bench to bench, or from 1 spot to another.

5 x streamline 1/2 distance, 3 strokes freestyle other 1/2. During the 3 strokes, must take at least 1 breath to the side, like we just did before.

Goals:

- Kick whole time
- Do all 3 things for streamline
- Only turn head to side, do not lift it.

07

BACK GLIDE AND SWIM BACKSTROKE

In same location, repeat script (found above)

5 x back glide in soldier position + 3 strokes BACK

Goals:

- Body straight in soldier
- always kick
- Keep arms moving, avoid stopping arm motion
- when done with strokes, do 1/2 stroke and put arm next to ear above head to stop
- Keep ears in water

08

DISTANCE KICK AND SWIM

Get in a lane with lane lines and do a 50 Free Kick with a kickboard or barbell.

Do 1 length of Back kick in soldier position no kickboard or barbell.

On Return:

With a noodle, or float:
3 strokes with 1 breath free.
5 strokes with 2 breaths free
7 strokes with 3 breaths free

Stop swimmer each time and review technique

09

FROM BENCH TO BENCH

Group moves on own from bench to bench, or from shallow to shallow. They do 10 streamlines, 10 back glides

Work individually with each participant.

They swim freestyle to instructor after a streamline for 5 strokes. Swimmer must take 1 breath. Give feedback, have participant repeat.

Goals:

- streamline 1st
- turn head to side
- keep arms moving

10

JUMPS OR GAME

Allow swimmers to do 3 jumps from the side or play a short game.

Game choices:

- Diving rings
- Throw and fetch with float toys
- Biggest Splash contest
- Smallest Splash Contest
- Silly noodle race
- Create a raft of noodles
- Free rides (1 person pulls a partner on float)
- Bounce off bottom and throw up into air

12

FLIPS

Do 5 flips on own.

- Knees into chest
- Tuck chin
- Lift butt up
- Use hands if needed to spin in forward flip.

Do 5 flips as close to a wall as possible

- Paint toes and feet along the wall as you flip
- Do not stop or push off wall
- Let feet slide down wall

Do 5 1/2 Flips at the wall

- flip from a front glide into the wall
- Land 2 feet on wall
- Land in a sitting position

13

FLIP 1ST, THEN STREAMLINE

At the wall, do a front flip facing the wall, land 2 feet on the wall, push off wall on back in streamline

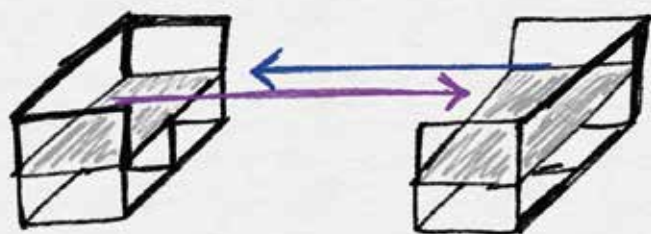
Look for all 3 things:

- 1) Look up
- 2) Squeeze ears
- 3) lock thumb

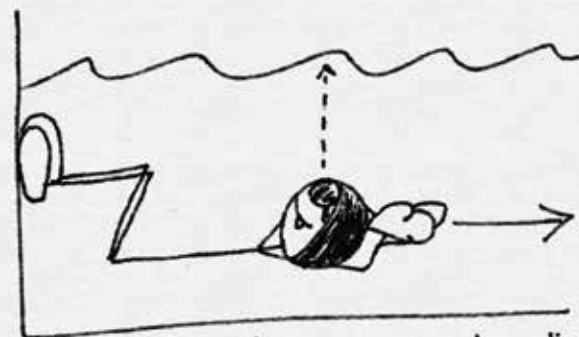
Goals:

- Blow bubbles
- Grow into a streamline
- Back should be parallel to ground before pushing off wall
- plant 2 feet on wall before pushing

Swimmer moves from Bench to Bench



distance ~ 2 or 3 body lengths



- 1) Look up
- 2) Flat back

- 3) Grow into streamline
- 4) Push with 2 feet

01

ON DECK PRACTICE

While Standing on the deck
10 Lazy Puppet ---> Soldier
10 x Soldier --> Streamline
10xStreamline->Position 11
10 x Position 11 --> Free
10x Position 11 -> BK stroke
10 x Streamline --> 11, Y, Eat and Reach
10 x streamline --> Fly arms
Straight arms down, snow angel up, point thumbs forward, or when in water point thumbs down.

02

STREAMLINES

Repeat 3 things for streamline:

- 1) Look down
- 2) Lock Thumb
- 3) Squeeze your ears

Do 5 times, streamline doing all 3 things. Kick feet to move.

Have participants go from bench to bench, or from wall to instructor

03

BACK GLIDES

Use Script:

- Stand up straight
- Turn away from me
- Put your shoulders in the water
- Tilt your head back
- Push off gently

5 x back glide and kick to other bench or location

Do glides in soldier position

04

STREAMLINE + 5 FR + 1 BREATH

Do in same location, streamline 1/2 the distance as before, then do 5 strokes of FREE to get the other 1/2 of the distance. Works best if doing from 1 bench to another. Or from 1 specific location in shallow water to another specific location

During 5 strokes must breathe 1 time

05

BREATHS TO THE SIDE

Stand in waist deep water. If you have a platform or bench, stand on top (even tall participants)

-Bend at waist so back, and head is out of water. Most of torso should be at or above surface. Stand on 2 feet.

-Place just the face in the water

10 x blow bubbles down, turn head so just ear and cheek in water, take a breath

10 x to other side.

06

STREAMLINE + 7 STROKES + 2 BREATHS

As before, from bench to bench, or from 1 spot to another.

5 x streamline a short distance, 7 strokes freestyle rest During the 7 strokes, must take at least 2 breaths to the side, like we just did before.

Goals:

- Kick whole time
- Do all 3 things for streamline
- Only turn head to side, do not lift it.
- Look down after breath

07

BACK GLIDE AND SWIM BACKSTROKE

In same location, repeat script (found above)

5 x back glide in soldier position + 5 strokes BACK

Goals:

- Body straight in soldier
- always kick
- Keep arms moving, avoid stopping arm motion
- when done with strokes, do 1/2 stroke and put arm next to ear above head to stop
- Keep ears in water

08

DISTANCE KICK AND SWIM

Get in a lane with lane lines and do a 50 Free Kick with a kickboard or barbell.

Do 1 length of Back kick in soldier position no kickboard or barbell.

On Return:

With a noodle, or float holding in position 11:
3 strokes with 1 breath free.
5 strokes with 2 breaths free
7 strokes with 3 breaths free

Stop swimmer each time and review technique

09

10

12

13

STREAMLINE + 2 11, Y, EAT AND REACH

Do 5 x from bench to bench

Streamline without kicking

While floating or gently moving forward do:

11, Y, Eat, Reach

Each step should be a clear motion and then a short pause.

Repeat again

No kicking
No breathing

Focus on arm motion, not movement

JUMPS OR GAME

Allow swimmers to do 3 jumps from the side or play a short game.

Game choices:

- Diving rings
- Throw and fetch with float toys
- Biggest Splash contest
- Smallest Splash Contest
- Silly noodle race
- Create a raft of noodles
- Free rides (1 person pulls a partner on float)
- Bounce off bottom and throw up into air

FLIPS

Do 5 flips on own.

- Knees into chest
- Tuck chin
- Lift butt up
- Use hands if needed to spin in forward flip.

Do 5 flips as close to a wall as possible

- Paint toes and feet along the wall as you flip

Do 5 1/2 Flips at the wall

- flip from a front glide into the wall
- Land 2 feet on wall
- Land in a sitting position

Do 5 flip first then streamline on back

SWIM TEST

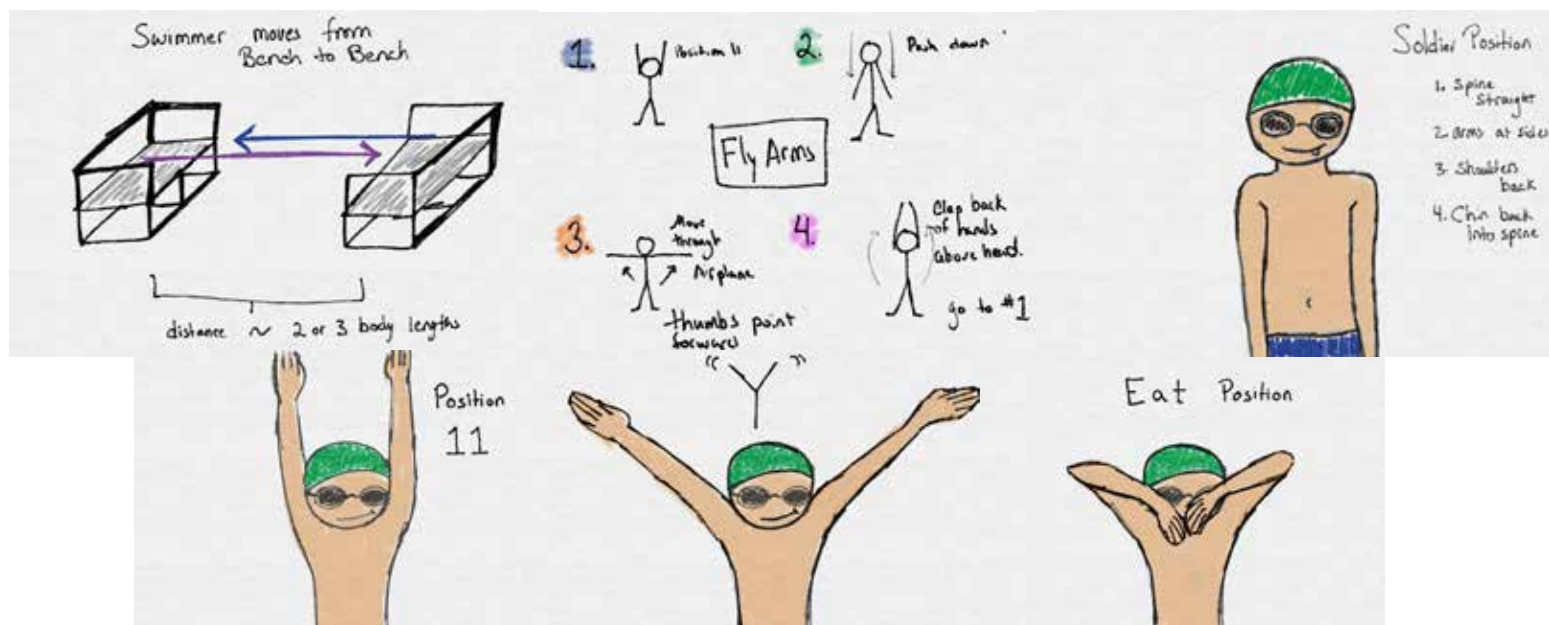
Swim 1 length of the wall freestyle

Goals:

- Do a streamline with all 3 things
- Always kick
- Keep arms moving (no stopping at hips)
- Arms should move through position 11 with each stroke
- When breathing turn head to side
- After breath look straight down

Avoid:

- Lifting head up or forward
- Big scissor or BR kicks



01

JUMPS INTO WATER

Stand on edge, 1 at a time jump in at instructor's commands.

Can do 1 jump, and immediately move to #2, or:

- 1 jump, count to 3 in different language
- 1 jump with biggest splash
- 1 jump with smallest splash
- 1 jump then swim underwater back to wall

02

BOBS

10 bobs

- Focus on blowing bubbles underwater
- Breathe in above water
- Breathe out underwater

Challenges:
Do a 180 degree turn with each bob on way up

Flip during underwater portion of bob

03

FREESTYLE STREAMLINES

3 x streamline with freestyle kick

Options:

- 1) go from bench to bench, or spot A to spot B
-Streamline whole way with face down, thumb locked, ears squeezed.
- 2) Go from edge to instructor. all go 3 times each.

04

FREESTYLE ARMS

Practice moving arms in freestyle motion while standing, either on deck or in waist deep water.

- Start in position 11
- Move 1 arm at a time



05

STREAMLINE + 3 STROKES FR

Everyone goes 3 times.

2 options. Let them go on their own from point A - B and back, or go from point A to instructor and then back.

- Streamline 1/2 way
- 3 strokes free should move them the other 1/2

Focus on:

- Kicking whole time
- Head down, unmoving
- arms reaching to Position 11 with each stroke
- body straight at surface

06

KICKING ON KICK BOARD

Do 2 lengths of the long way in your pool (maximum distance)

- Free kick with a board
- Backstroke Kick without a board

total of 4 lengths

Focus on :

- Mostly straight legs
- Feet floppy
- Use the whole leg starting at the hips
- Arms staying mostly straight on board.

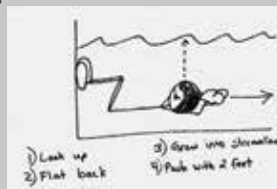
07

STREAMLINE WITH BACK KICK

3 x streamline with back-stroke kick

Options:

- 1) go from bench to bench, or spot A to spot B
 - 2) Go from edge to instructor. all go 3 times each.
- Streamline whole way with face up, thumb locked, ears squeezed.



08

STREAMLINE ON BK + 3 STROKES BK

Everyone goes 3 times.

2 options. Let them go on their own from point A - B and back, or go from point A to instructor and then back.

- Streamline 1/2 way
- 3 strokes back should move them the other 1/2

Focus on:

- Kicking whole time
- Head slightly tucked, unmoving
- Hips rotating with arms
- body flat at surface

09

KICKING WITH KICKBOARD

Do 2 lengths of the long way in your pool (maximum distance)

- Free kick with a board
- Backstroke Kick without a board

total of 4 lengths

Focus on :

- Mostly straight legs
- Feet floppy
- Use the whole leg starting at the hips
- Arms staying mostly straight on board.

10

BREASTSTROKE KICK ON DECK

Demonstrate: Suit, Flex, Circle, Squeeze on Deck. Focus on FLEX, toes up, foot turned away from other foot.

Practice: Have everyone sit on the edge of pool, butt on edge, about to fall in.

Do:

10 x point with leg straight in front of you --> heel on wall and flex with toes pointed out

10 x with other foot

10 x Point both feet, then heels on wall, flex with toes out

11

STREAMLINE + 2 BR KICKS UNDERWATER

3 x Streamline + 2 Breaststroke Kicks while Underwater

Focus on:

-Flexing: feet turned outside of body, toes lifted up

-Push the water with the inside of the feet

-no splashes

-lift the feet up instead of moving the knees out

-Push behind you and together

12

DIVE FOR RINGS

Use sinking toys.

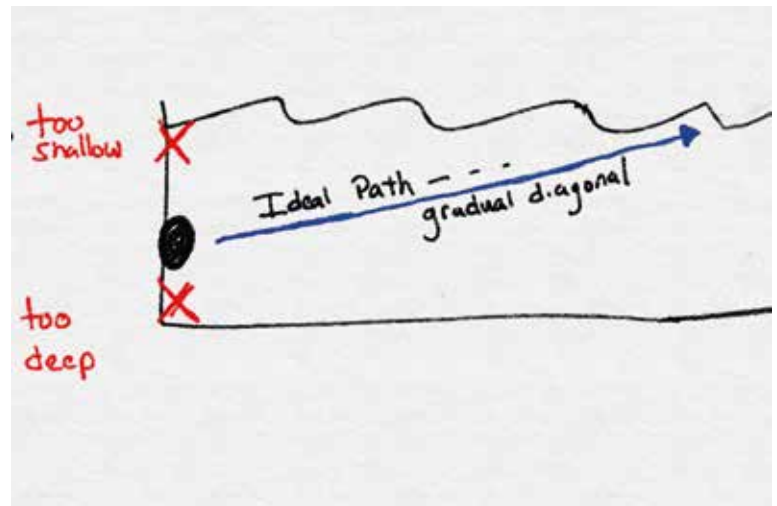
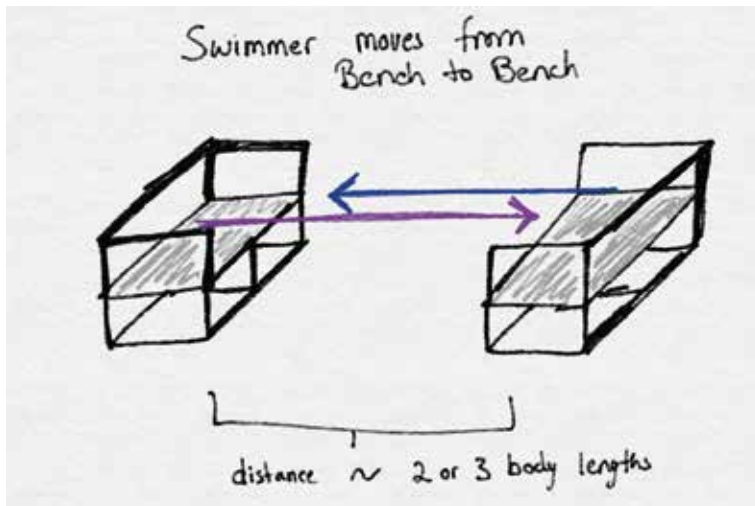
Let your swimmers throw the toys and retrieve them.

- Swim Free to the toy
- Kick Backstroke kick without a board returning to wall. Place toy on belly

Challenges:

Cannot use hands or fingers at all to get toy and return it.

Race to see who can get most total. Only bring one at a time back.



01

JUMPS INTO WATER

Stand on edge, 1 at a time jump in at instructor's commands.

Can do 1 jump, and immediately move to #2, or:

- 1 jump, count to 3 in different language
- 1 jump with biggest splash
- 1 jump with smallest splash
- 1 jump then swim underwater back to wall

02

BOBS

10 bobs

- Focus on blowing bubbles underwater
- Breathe in above water
- Breathe out underwater

Challenges:

Do a 180 degree turn with each bob on way up

Flip during underwater portion of bob

03

FREESTYLE STREAMLINES

3 x streamline with freestyle kick

Options:

- 1) go from bench to bench, or spot A to spot B
 - Streamline whole way with face down, thumb locked, ears squeezed.
- 2) Go from edge to instructor. all go 3 times each.

04

FREESTYLE ARMS

Practice moving arms in freestyle motion while standing, either on deck or in waist deep water.

- Start in position 11
- Move 1 arm at a time



05

STREAMLINE + 3 STROKES FR

Everyone goes 3 times.

2 options. Let them go on their own from point A - B and back, or go from point A to instructor and then back.

- Streamline 1/2 way
- 3 strokes free should move them the other 1/2

Focus on:

- Kicking whole time
- Head down, unmoving
- arms reaching to Position 11 with each stroke
- body straight at surface

06

JUMPS INTO WATER

Stand on edge, 1 at a time jump in at instructor's commands.

Can do 1 jump, and immediately move to #2, or:

- 1 jump, count to 3 in different language
- 1 jump with biggest splash
- 1 jump with smallest splash
- 1 jump then swim underwater back to wall

07

STREAMLINE ON BK + 3 STROKES BK

Everyone goes 3 times.

2 options. Let them go on their own from point A - B and back, or go from point A to instructor and then back.

- Streamline 1/2 way
- 3 strokes back should move them the other 1/2

Focus on:

- Kicking whole time
- Head slightly tucked, unmoving
- Hips rotating with arms
- body flat at surface

08

BREASTSTROKE ARMS ON DECK

Stand on Deck. Demonstrate:

1. Position 11
 2. Y
 3. Eat
 4. Reach back to Position 11
- Say it and show each step. Have participants do it with you, saying and showing. Have each swimmer lead the group saying and showing.

Focus on Arms being straight as possible in Position 11. Only elbows bend, no flapping arms like birds.

09

BREASTSTROKE KICK ON DECK

Demonstrate: Suit, Flex, Circle, Squeeze on Deck.
Focus on FLEX, toes up, foot turned away from other foot.

Practice: Have everyone sit on the edge of pool, butt on edge, about to fall in.

Do:

10 x point with leg straight in front of you --> heel on wall and flex with toes pointed out

10 x with other foot

10 x Point both feet, then heels on wall, flex with toes out

10

BREASTSTROKE ARMS SHORT DISTANCE

3 x streamline no kick + 2 "11, Y, Eat and Reaches"

NO BREATHING.

Focus on the streamline and the arm motion. Arms move like dance moves. Will not create movement in water. Not propulsion, but arm path.

Alternate explanation:

"Push off on the surface and FLOAT, no kicking, keep head looking down. While floating start in Position 11 and then do 11, Y, Eat and Reach"

11

BUTTERFLY KICK: IN WATER

Instructor Demonstrate first.

Face in water, hands at side, wiggle butt like a dolphin. Push chest and hips. Legs follow hips.

13

DIVE FOR RINGS

Use sinking toys.

Let your swimmers throw the toys and retrieve them.

Challenges:
Cannot use hands or fingers

12

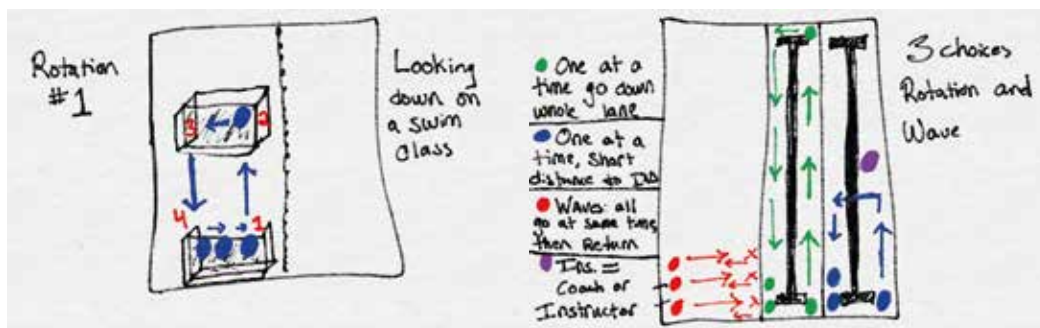
FREESTYLE MEDIUM DISTANCE

3 x streamline + 5 strokes FR + 1 breath (not on 1 or 5)

14

STREAMLINE THROUGH HULA HOOPS

Hold the hula hoop so participants can move through it



01

JUMPS INTO WATER

Stand on edge, 1 at a time jump in at instructor's commands.

Can do 1 jump, and immediately move to #2, or:

- 1 jump, count to 3 in different language
- 1 jump with biggest splash
- 1 jump with smallest splash
- 1 jump then swim underwater back to wall

02

BOBS

10 bobs

- Focus on blowing bubbles underwater
- Breathe in above water
- Breathe out underwater

Challenges:

Do a 180 degree turn with each bob on way up

Flip during underwater portion of bob

03

KICKING ON KICK BOARD

Do 2 lengths of the long way in your pool (maximum distance)

- Free kick with a board
- Backstroke Kick without a board

total of 4 lengths

04

FREESTYLE STREAMLINES

3 x streamline with freestyle kick

Options:

- 1) go from bench to bench, or spot A to spot B
- Streamline whole way with face down, thumb locked, ears squeezed.
- 2) Go from edge to instructor. all go 3 times each.

05

SL +5 STROKES FR + 1 BREATH

Everyone goes 3 times.

3 x streamline + 5 strokes FR + 1 breath (not on 1 or 5)

Focus on:

- Kicking whole time
- Head down, unmoving when not breathing
- Keep 1/2 of face in the water when you breathe
- arms reaching to Position 11 with each stroke
- body straight at surface
- Avoid lifting head to breathe

06

FREESTYLE BREATHING

Stand on Platform as much of torso out of water as possible, face down and practice breathing both sides.

- Keep back out of water
- Bend at waist, slightly bend knees to lower torso
- Place "only" face in the water when looking down
- Turn head to side without lifting
- Turn head to side and slide cheek and ear into water when breathing to side

07

STREAMLINE THROUGH HULA HOOPS

Everyone goes 3 times.

3 options:

- 1) Hold hoop with bottom of circle touching the bottom of the pool
- Should be in shallow water
- Push off from wall to go straight through hoop
- 2) Hold hoop at the surface
- Hold close to start and then do FR or BK strokes after through hoop
- 3) Hold hoop two body lengths from start and require eyes closed

08

KICKING ON KICKBOARD

Do 2 lengths of the long way in your pool (maximum distance)

- Free kick with a board
- Backstroke Kick without a board

total of 4 lengths

09

BREASTSTROKE ARMSON DECK

Stand on Deck. Demonstrate:

1. Position 11
2. Y
3. Eat
4. Reach back to Position 11

Focus on Arms being straight as possible in Position 11. Only elbows bend, no flapping arms like birds.

10

BREASTSTROKE ARMS SHORT DISTANCE

3 x streamline no kick + 2 "11, Y, Eat and Reaches"

NO BREATHING.

Focus on the streamline and the arm motion. Arms move like dance moves. Will not create movement in water. Not propulsion, but arm path.

11

KICKING ON KICKBOARD

50 FREE or BACK Kick (2 lengths)

2 x 25's: 4 Breaststroke Kicks then 10 Free Kicks; repeat until finished with each 25.

12

BACKSTROKE MEDIUM DISTANCE

3 x streamline + 5 strokes BK

-Remember to start swimming from streamline (do not snow angel down to sides before taking strokes)

-Continue Kicking the whole time.

-Begin streamline under - water and float up

13

DIVE FOR RINGS

Use sinking toys.

Let your swimmers throw the toys and retrieve them.

- Swim Free to the toy
- Kick Backstroke kick without a board returning to wall. Place toy on belly

Challenges:

Cannot use hands or fingers at all to get toy and return it.

Race to see who can get most total. Only bring one at a time back.

14

BREASTSTROKE KICK ON DECK

Demonstrate: Suit, Flex, Circle, Squeeze on Deck. Focus on FLEX, toes up, foot turned away from other foot.

Practice: Have everyone sit on the edge of pool, butt on edge, about to fall in.

Do:

10 x point with leg straight in front of you --> heel on wall and flex with toes pointed out

10 x with other foot

10 x Point both feet, then heels on wall, flex with toes out

15

STREAMLINE WITH BREASTSTROKE KICK

3 x Streamline + 2 Breaststroke Kicks while Underwater

-Start underwater and push off straight

-Do the two BR kicks while in streamline

Focus on:

- Turn feet out to sides
- Flex feet like hockey sticks
- Push water with inside of feet
- Point knees down to bottom
- Both feet should be same

16

BREASTSTROKE MEDIUM DISTANCE

3 x streamline (no kick) + 2 x

{1 "11, Y, Eat with a breath, Reach and go under + 1 BR Kick in Position 11}

-Do the arms and the legs at two separate times

-Arms with a breath move alone

-Kick is done while in streamline or position 11 after the arm stroke

-Focus on arms only lifting head, not pulling

-Arms don't move until kick finishes

17

SWIMMING WITH NOODLE

Do 2 x 25 Catchup Drill with the Noodle.

Hold noodle in front of you in position 11, do 1 arm stroke at a time. Breathe any stroke. Swim FREE.

Any motion or movement with noodles can be fun and productive.

Encourage face in the water and different ways to push or pull self through water.

18

POWER LIFTER NOODLE GAME

Hold noodle in both hands, raise noodle above head like power lifting, sink to bottom, or as deep as will go.

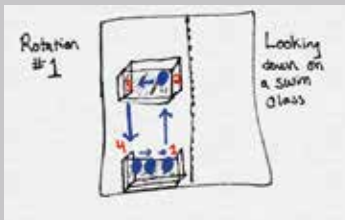
1. Do Kicking with Barbells to the deep end from their original location.
2. Once at the deep end, have the swimmer hold the barbell in their hands.
3. Still holding on to the barbell, go underwater and raise the barbell above your head
4. Pull down on the barbell like a pullup to come back to surface

19

BUTTERFLY KICK IN WATER

Instructor Demonstrate first.

- Face in water
- hands at side
- wiggle butt like a dolphin.
- Push chest and hips.
- Legs follow hips.



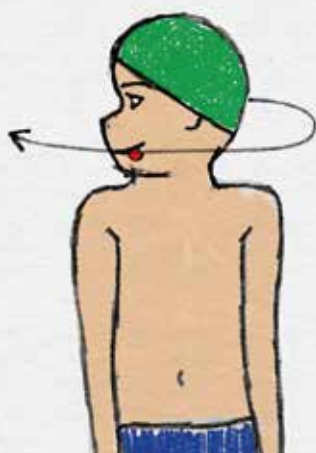
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JUMPS INTO WATER

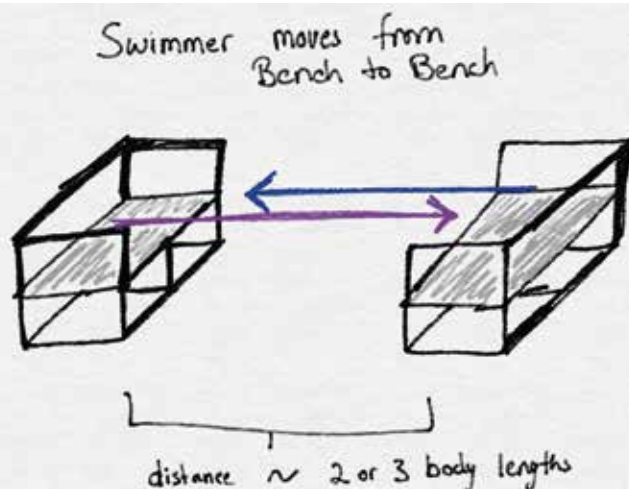
Stand on edge, 1 at a time jump in at instructor's commands.

Can do 1 jump, and immediately move to #2, or:

- 1 jump, count to 3 in different language
- 1 jump with biggest splash
- 1 jump with smallest splash
- 1 jump then swim underwater back to wall



Turn head to the side.
Chin stays near shoulder



01

JUMPS INTO WATER

Stand on edge, 1 at a time jump in at instructor's commands.

Can do 1 jump, and immediately move to #2, or:

- 1 jump, count to 3 in different language
- 1 jump with biggest splash
- 1 jump with smallest splash
- 1 jump then swim underwater back to wall

02

BOBS

10 bobs

- Focus on blowing bubbles underwater
- Breathe in above water
- Breathe out underwater

Challenges:

Do a 180 degree turn with each bob on way up

Flip during underwater portion of bob

03

FREESTYLE STREAMLINES

3 x streamline with freestyle kick

Options:

- 1) go from bench to bench, or spot A to spot B
- Streamline whole way with face down, thumb locked, ears squeezed.
- 2) Go from edge to instructor. all go 3 times each.

04

BACKSTROKE STREAMLINES

3 x streamline with backstroke kick

Options:

- 1) go from bench to bench, or spot A to spot B
- Streamline whole way with face up, thumb locked, ears squeezed.
- 2) Go from edge to instructor. all go 3 times each.
- 3) Can do in soldier position

05

SL +5 STROKES FR + 1 BREATH

Everyone goes 3 times.

3 x streamline + 5 strokes FR + 1 breath (not on 1 or 5)

Focus on:

- Kicking whole time
- Head down, unmoving when not breathing
- Keep 1/2 of face in the water when you breathe
- arms reaching to Position 11 with each stroke
- body straight at surface
- Avoid lifting head to breathe

06

KICKING ON KICK BOARD

Do 2 lengths of the long way in your pool (maximum distance)

- Free kick with a board
- Backstroke Kick without a board

total of 4 lengths

07

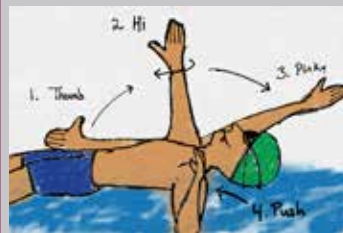
BACKSTROKE ARMS ON DECK OR STANDING

Practice Standing up.

Go SLOW!

Focus on arms traveling constantly, hips rotate with respective arms.

Each arm travels through Position 11 above the head.



08

BACKSTROKE MEDIUM DISTANCE

3 x streamline + 5 strokes BK

-Remember to start swimming from streamline (do not snow angel down to sides before taking strokes)

-Continue Kicking the whole time.

-Begin streamline underwater and float up

09

STREAMLINE THROUGH HULA HOOPS

Everyone goes 3 times.

3 options:

- 1) Hold hoop with bottom of circle touching the bottom of the pool
- 2) Hold hoop at the surface
- 3) Hold hoop two body lengths from start and require eyes closed

10

BREASTSTROKE ARMS SHORT DISTANCE

3 x streamline no kick + 2 "11, Y, Eat and Reaches"

NO BREATHING.

Focus on the streamline and the arm motion. Arms move like dance moves. Will not create movement in water. Not propulsion, but arm path.

11

BREASTSTROKE MEDIUM DISTANCE

3 x streamline (no kick) + 2 x

{1 "11, Y, Eat with a breath, Reach and go under + 1 BR Kick in Position 11}

- Do the arms and the legs at two separate times
- Kick is done while in streamline or position 11 after the arm stroke
- Arms don't move until kick finishes

12

BUTTERFLY KICK IN WATER

Instructor Demonstrate first.

- Face in water
- hands at side
- wiggle butt like a dolphin.
- Push chest and hips.
- Legs follow hips.

13

SWIMMING WITH NOODLE

Do 2 x 25 Catchup Drill with the Noodle.

Hold noodle in front of you in position 11, do 1 arm stroke at a time. Breathe any stroke. Swim FREE.

Any motion or movement with noodles can be fun and productive.

Encourage face in the water and different ways to push or pull self through water.

14

FREESTYLE 1 LENGTH

Swim Freestyle for 1 length of your pool.

This is a mini-test to gauge progress and specific needs.

Focus on:

- Always moving arms.
- Face looking down when not breathing
- Face only turning to the side when breathing
- Kick constant
- Arms reach long with each stroke
- Body mostly straight

15

BACKSTROKE 1 LENGTH

Swim Backstroke for 1 length of your pool.

This is a mini-test to gauge progress and specific needs.

Focus on:

- Always moving arms.
- Face looking just over the toes, chin very slightly tucked
- Ears in the water or at the water line
- Kick constant
- Body mostly straight, no U shapes

16

DIVE FOR RINGS

Use sinking toys.

Let your swimmers throw the toys and retrieve them.

- Swim Free to the toy
- Kick Backstroke kick without a board returning to wall. Place toy on belly

Challenges:

Cannot use hands or fingers at all to get toy and return it.

Race to see who can get most total. Only bring one at a time back.

01 ENTERING THE WATER

Child and parent sit side by side with feet in the water, butt on the edge.
 Parent puts their arm on top of child's hands between the child's legs.
 The parent should always enter the water first.
 Parent swings into the pool keeping hand on their child's hands.
 Once in the water, grasp child's body or their hands.
 We do this because we want to prevent the child from falling over. Infants are generally wobbly and we support them with our forearm and by holding their hands between their legs.

02 CROCODILE JUMPS INTO THE WATER

Child sitting on the edge of the pool.
 Parent in the water holding child's hands.
 Sing: "Crocodile, Crocodile on the wall, / Crocodile, Crocodile, in you fall!"
 When parent gets to "Fall" smile and gently pull child into the water up to their comfortable depth (chin, lips, nose, whole face). Scoop the child and take a step backwards to simulate a front glide.

03 THROW A TOY ENTRY INTO THE WATER

Child begins sitting on the edge of the pool.
 Parent in the water with a toy, holding child's hand.
 Stand next to child so they have a clear view of pool, give the child a toy and encourage them to throw it.
 Return in front of child, count to 3, grasp their hands and scoop them into the water getting their face in as much as they're comfortable, do a FRONT GLIDE to the toy, have child pick it up, and do a BACK GLIDE back to the wall.

04 RUB A DUB DUB

Child sitting on edge of pool, or being held by parent.
 Parent in the water, either near or holding child.
 Parent should have 3 toys that float.
 Sing: "Rub-a-dub-dub,
 Three men in a tub,
 And who do you think they were?
 The butcher, the baker,
 The candlestick-maker,
 They all sailed out to sea,
 'Twas enough to make a man stare."
 When you say each name, throw a toy. Then do FRONT GLIDE to retrieve toys, and return to start.

05 FRONT GLIDE

Child in the water held by parent.
 Parent in the water holding child.
 Parent hold child like catching a football, if possible, child's hands on parent shoulders. Child's feet should be extending away from parent's chest.
 Hold child horizontal as much as possible. Walk backwards and encourage child to put face in the water looking down. Parent must do this to demonstrate.
 Goal is to get child comfortable on their stomach and with their face looking down in the water.

06 FRONT CRAWL ARMS

Child held by parent.
 Parent holding child in FRONT GLIDE position.
 Parent uses one hand to hold child up by holding chest with palm up.
 Parent uses other hand to grab child's arm and move it in a circle.
 Parent switches hands and alternates child's arms.
 Optional: Throw toy and do arm circles to the toy.

07 PASSING TO THE WALL

Parent holding child in front of body facing away.
 Parent should hold child horizontal facing towards the wall.
 Count "1, 2, 3, GO!" and pass the child forward by extending arm.
 Child should reach out and grab the wall.
 Beginner: Parent holds onto child entire time.
 Intermediate: Parent lets go of child just before they reach the wall.
 Advanced: Parent pushes child underwater to the wall about 1 body length away, and child grasps wall independently.

08 PASSING

Child help by parent or instructor.
 Parent holding child, or ready to receive child.
 Progression based on comfort:
 Hold child in front of body with child horizontal in the water.
 Have child facing the parent who is ready to receive child with a smile, arms outstretched.
 Count "1, 2, 3, GO!" gently scoop child forward and let go once parent accepts child with palms up on child's chest, or catching like a football (thumbs on chest, fingers on back).
 Beginner: Pass with up to the lips under the water
 Intermediate: Pass with up to the NOSE in the water
 Advanced: Pass child fully submerged.

09 SCOOPING-GOING UNDERWATER

Child in the water held by parent.

Parent Holding child thumbs over collar bones with fingers and palm on chest, or like catching football (thumbs on chest, fingers on back)

Progression based on comfort.

Beginner: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting lips in the water.

Intermediate: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting up to the nose in the water.

Advanced: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting whole head underwater.

Smile and Laugh when complete.

12 ROW ROW ROW YOUR BOAT

Child in the water held by parent in BACK GLIDE position.

Parent holding child in BACK GLIDE position.

Sing: "Row, row, row your boat,

Gently down the stream.

Merrily, merrily, merrily, merrily,

Life is but a dream."

On the "row, row" part, take child's hands and do a back stroke with them, emphasizing pushing the water.

Walk backwards throughout and sway back and forth in a zig, zag motion during the "merrily, merrily" part.

10 TWINKLE TWINKLE LITTLE STAR

Child held by parent in BACK GLIDE.

Parent holds child in BACK GLIDE.

Sing: "Twinkle, twinkle, little star.

How I wonder what you are.

Up above the world so high,

Like a diamond in the sky.

Twinkle, twinkle, little star.

How I wonder what you are.

How I wonder what you are."

Can kick child's feet while walking backwards, or look at the ceiling while singing.

13 BUCKETHEAD-THE BEST GAME EVER

Child in the water - ideally 0 depth, or where they can sit, or stand, if not then in the "saddle" being held by parent.

Parent, in the water next to child or holding child.

Fill a bucket with water.

Pour bucket over child's head and smile and shout, say, yell "BUCKETHEAD!!"

Modify this by pouring water over the back of child's head so doesn't go in their eyes. Offer child to do Buckethead to the parent. Encourage them to yell "BUCKETHEAD!"

11 BACK CRAWL ARMS

Child held by parent.

Parent holding child.

Parent holds child with one hand, palm up on back, child's head on surface of water in front of parent's body.

Use one hand to grasp child's arm and move it in a backwards circle motion.

Parent switches hands on child's back and makes circle motion with child's other arm.

14 MOTORBOAT-WITH KICKBOARD

Child in the water on top of a kickboard.

Parent in the water holding child's arms on top of kickboard.

Parent's chest should be facing same direction as child's face.

Parent's right arm should be over the child's body and holding child's right arm on the kickboard. Child's feet will be behind the parent.

Sing: "Motorboat, Motorboat go so slow, /

Motorboat, Motorboat, go so fast, /

Motorboat, Motorboat, STEP ON THE GAS!"

Move the child slowly during the "go so slow"

Increase speed when you get to "go so FAST."

Move as fast as comfortable, or possible when you say, "step on the gas!"

15 MOTORBOAT-WITH FRONT GLIDE

Child in the water.

Parent in the water holding child in front glide position (feet away from parent's chest, child's hand on the parent's shoulders. If too young, then child should grasp parent neck).

Parent will hold child's legs just above the knee to control kicks.

Sing: "Motorboat, Motorboat go so slow, /

Motorboat, Motorboat, go so fast, /

Motorboat, Motorboat, STEP ON THE GAS!"

Move the child's legs slowly during the "go so slow"

Increase speed when you get to "go so FAST."

Move as fast as comfortable, or possible when you say, "step on the gas!"

18 PASSING

Child help by parent or instructor.

Parent holding child, or ready to receive child.

Progression based on comfort:

Hold child in front of body with child horizontal in the water.

Have child facing the parent who is ready to receive child with a smile, arms outstretched.

Count "1, 2, 3, GO!" gently scoop child forward and let go once parent accepts child with palms up on child's chest, or catching like a football (thumbs on chest, fingers on back).

Beginner: Pass with up to the lips under the water

Intermediate: Pass with up to the NOSE in the water

Advanced: Pass child fully submerged.

16 RAINING, POURING

Child in the water, sitting or held by parent.

Parent in water next to child or holding child.

Sing: "It's raining; it's pouring. /

The old man is snoring. /

He went to bed and bumped his head, /

And he wouldn't get up in the morning."

During song, dip hand underwater, and wiggle fingertips over child's head letting the water drip and fall on them.

Alternate* Use a sprinkling can to do similar.

19 PASSING TO THE WALL

Parent holding child in front of body facing away.

Parent should hold child horizontal facing towards the wall.

Count "1, 2, 3, GO!" and pass the child forward by extending arm.

Child should reach out and grab the wall.

Beginner: Parent holds onto child entire time.

Intermediate: Parent lets go of child just before they reach the wall.

Advanced: Parent pushes child underwater to the wall about 1 body length away, and child grasps wall independently.

17 BLOWING BUBBLES

Child in the water held by parent.

Parent in the water holding child.

Parent should hold child like catching a football (thumbs on chest, fingers wrapped around near back). Child should reach to the parent with hands on shoulders if possible.

Hold child as close to the water surface as possible horizontal.

Parent should lower body so only face above water.

Parent should encourage child to put lips in the water and blow.

Parent should do it and mimic.

Tilt child down so lips enter the water at least once. Smile and encourage blowing by parent demonstrating.

Parent should slowly walk backwards throughout.

20 HOKEY POKEY

Child held by parent facing inside of circle.

Parent holding child facing away from chest, or in the saddle (child legs around one of parent's hips to the side).

Create circle of parents and instructor.

Sing: "You put your [right leg] in,

You put your [right leg] out;

You put your [right leg] in,

And you shake it all about.

You do the hokey pokey,

And you turn yourself around.

That's what it's all about!"

Right hand

Left hand

Feet

Face

01 ENTERING THE WATER

Child and parent sit side by side with feet in the water, butt on the edge.

Parent puts their arm on top of child's hands between the child's legs.

The parent should always enter the water first.

Parent swings into the pool keeping hand on their child's hands.

Once in the water, grasp child's body or their hands.

We do this because we want to prevent the child from falling over. Infants are generally wobbly and we support them with our forearm and by holding their hands between their legs.

02 MOTORBOAT-ON THE SIDE

Child sitting on edge of pool.

Parent in the water holding child's feet.

Sing: "Motorboat, Motorboat go so slow, /
Motorboat, Motorboat, go so fast, /
Motorboat, Motorboat, STEP ON THE GAS!"

Move the child's legs slowly during the "go so slow".

Increase speed when you get to "go so FAST."

Move as fast as comfortable, or possible when you say, "step on the gas!"

Smile, and hold legs at feet or just above the knees. Encourage splashing.

03 CROCODILE JUMPS INTO THE WATER

Child sitting on the edge of the pool.

Parent in the water holding child's hands.

Sing: "Crocodile, Crocodile on the wall, / Crocodile, Crocodile, in you fall!"

When parent gets to "Fall" smile and gently pull child into the water up to their comfortable depth (chin, lips, nose, whole face). Scoop the child and take a step backwards to simulate a front glide.

04 ITSY BITSY SPIDER

Child in the water, sitting or being held.

Parent in the water, next to, or holding child.

Sing: "The Itsy Bitsy Spider climbed up the waterspout. /
Down came the rain, and washed the spider out. /
Out came the sun, and dried up all the rain /
And then Itsy Bitsy Spider climbed up the spout again."

Walk your hands up the child stomach, chest, shoulder and head during the "Climbed up the waterspout".

Dip hand in water and sprinkle water over child, or pour water from bucket on child when singing: "Down came the rain..."

Look at the "sun" on "out came the sun..."

Use hand to "climb" back up the child on last line.

Smile.

05 BUCKETHEAD-THE BEST GAME EVER

Child in the water - ideally 0 depth, or where they can sit, or stand, if not then in the "saddle" being held by parent.

Parent, in the water next to child or holding child.

Fill a bucket with water.

Pour bucket over child's head and smile and shout, say, yell "BUCKETHEAD!!"

Modify this by pouring water over the back of child's head so doesn't go in their eyes. Offer child to do Buckethead to the parent. Encourage them to yell "BUCKETHEAD!"

06

FRONT GLIDE

Child in the water held by parent.
Parent in the water holding child.
Parent hold child like catching a football, if possible, child's hands on parent shoulders. Child's feet should be extending away from parent's chest.
Hold child horizontal as much as possible. Walk backwards and encourage child to put face in the water looking down. Parent must do this to demonstrate.
Goal is to get child comfortable on their stomach and with their face looking down in the water.

07

THROW A TOY ENTRY INTO THE WATER

Child begins sitting on the edge of the pool.
Parent in the water with a toy, holding child's hand.
Stand next to child so they have a clear view of pool, give the child a toy and encourage them to throw it.
Return in front of child, count to 3, grasp their hands and scoop them into the water getting their face in as much as they're comfortable, do a FRONT GLIDE to the toy, have child pick it up, and do a BACK GLIDE back to the wall.

08

RUB A DUB DUB

Child sitting on edge of pool, or being held by parent.
Parent in the water, either near or holding child.
Parent should have 3 toys that float.
Sing: "Rub-a-dub-dub,
Three men in a tub,
And who do you think they were?
The butcher, the baker,
The candlestick-maker,
They all sailed out to sea,
'Twas enough to make a man stare."
When you say each name, throw a toy. Then do FRONT GLIDE to retrieve toys, and return to start.

09

BACK GLIDE

Child in the water held by parent.
Parent in the water holding child.

-Beginner:

Parent hold child on their back.
Child's head is on the parent's shoulder.
Parent shoulder is underwater.
Parent and child should be cheek to cheek.
Child feet pointed away from parent's chest.

-Advanced:

Parent hold child on back.
Child's head is held by parent's hand.
Parent is low in the water, palm up, holding child's neck and crown.
Parent other hand is holding child's back.
Child is feet away from child's back.
Parent can look down over child and smile.

Walk backwards throughout to get feet near surface. Encourage kicking, and getting child's ears in the water.

10

HOKEY POKEY

Child held by parent facing inside of circle.
Parent holding child facing away from chest, or in the saddle (child legs around one of parent's hips to the side).
Create circle of parents and instructor.
Sing: "You put your [right leg] in,
You put your [right leg] out;
You put your [right leg] in,
And you shake it all about.
You do the hokey pokey,
And you turn yourself around.
That's what it's all about!"

Right hand
Left hand
Feet
Face

01 ENTERING THE WATER

Child and parent sit side by side with feet in the water, butt on the edge.
 Parent puts their arm on top of child's hands between the child's legs.
 The parent should always enter the water first.
 Parent swings into the pool keeping hand on their child's hands.
 Once in the water, grasp child's body or their hands.
 We do this because we want to prevent the child from falling over. Infants are generally wobbly and we support them with our forearm and by holding their hands between their legs.

02 MOTORBOAT-ON THE SIDE

Child sitting on edge of pool.
 Parent in the water holding child's feet.
 Sing: "Motorboat, Motorboat go so slow, /
 Motorboat, Motorboat, go so fast, /
 Motorboat, Motorboat, STEP ON THE GAS!"
 Move the child's legs slowly during the "go so slow".
 Increase speed when you get to "go so FAST."
 Move as fast as comfortable, or possible when you say, "step on the gas!"
 Smile, and hold legs at feet or just above the knees. Encourage splashing.

03 CROCODILE JUMPS INTO THE WATER

Child sitting on the edge of the pool.
 Parent in the water holding child's hands.
 Sing: "Crocodile, Crocodile on the wall, / Crocodile, Crocodile, in you fall!"
 When parent gets to "Fall" smile and gently pull child into the water up to their comfortable depth (chin, lips, nose, whole face). Scoop the child and take a step backwards to simulate a front glide.

04 RAINING, POURING

Child in the water, sitting or held by parent.
 Parent in water next to child or holding child.
 Sing: "It's raining; it's pouring. /
 The old man is snoring. /
 He went to bed and bumped his head, /
 And he wouldn't get up in the morning."
 During song, dip hand underwater, and wiggle fingertips over child's head letting the water drip and fall on them.
 Alternate* Use a sprinkling can to do similar.

05 FRONT GLIDE

Child in the water held by parent.
 Parent in the water holding child.
 Parent hold child like catching a football, if possible, child's hands on parent shoulders. Child's feet should be extending away from parent's chest.
 Hold child horizontal as much as possible. Walk backwards and encourage child to put face in the water looking down. Parent must do this to demonstrate.
 Goal is to get child comfortable on their stomach and with their face looking down in the water.

06 BLOWING BUBBLES

Child in the water held by parent.
 Parent in the water holding child.
 Parent should hold child like catching a football (thumbs on chest, fingers wrapped around near back). Child should reach to the parent with hands on shoulders if possible.
 Hold child as close to the water surface as possible horizontal.
 Parent should lower body so only face above water.
 Parent should encourage child to put lips in the water and blow.
 Parent should do it and mimic.
 Tilt child down so lips enter the water at least once. Smile and encourage blowing by parent demonstrating.
 Parent should slowly walk backwards throughout.

07 ITSY BITSY SPIDER

Child in the water, sitting or being held.
 Parent in the water, next to, or holding child.
 Sing: "The Itsy Bitsy Spider climbed up the waterspout. /
 Down came the rain, and washed the spider out. /
 Out came the sun, and dried up all the rain /
 And then Itsy Bitsy Spider climbed up the spout again."
 Walk your hands up the child stomach, chest, shoulder and head during the "Climbed up the waterspout".
 Dip hand in water and sprinkle water over child, or pour water from bucket on child when singing: "Down came the rain..."
 Look at the "sun" on "out came the sun..."
 Use hand to "climb" back up the child on last line.
 Smile.

08

RUB A DUB DUB

Child sitting on edge of pool, or being held by parent.

Parent in the water, either near or holding child.

Parent should have 3 toys that float.

Sing: "Rub-a-dub-dub,

Three men in a tub,

And who do you think they were?

The butcher, the baker,

The candlestick-maker,

They all sailed out to sea,

'Twas enough to make a man stare."

When you say each name, throw a toy. Then do FRONT GLIDE to retrieve toys, and return to start.

11

TWINKLE TWINKLE LITTLE STAR

Child held by parent in BACK GLIDE.

Parent holds child in BACK GLIDE.

Sing: "Twinkle, twinkle, little star.

How I wonder what you are.

Up above the world so high,

Like a diamond in the sky.

Twinkle, twinkle, little star.

How I wonder what you are.

How I wonder what you are."

Can kick child's feet while walking backwards, or look at the ceiling while singing.

09

PASSING TO THE WALL

Parent holding child in front of body facing away.

Parent should hold child horizontal facing towards the wall.

Count "1, 2, 3, GO!" and pass the child forward by extending arm.

Child should reach out and grab the wall.

Beginner: Parent holds onto child entire time.

Intermediate: Parent lets go of child just before they reach the wall.

Advanced: Parent pushes child underwater to the wall about 1 body length away, and child grasps wall independently.

12

BUCKETHEAD-THE BEST GAME EVER

Child in the water - ideally 0 depth, or where they can sit, or stand, if not then in the "saddle" being held by parent.

Parent, in the water next to child or holding child.

Fill a bucket with water.

Pour bucket over child's head and smile and shout, say, yell "BUCKETHEAD!"

Modify this by pouring water over the back of child's head so doesn't go in their eyes. Offer child to do Buckethead to the parent. Encourage them to yell "BUCKETHEAD!"

10

BACK GLIDE

Child in the water held by parent.

Parent in the water holding child.

-Beginner:

Parent hold child on their back.

Child's head is on the parent's shoulder.

Parent shoulder is underwater.

Parent and child should be cheek to cheek.

Child feet pointed away from parent's chest.

-Advanced:

Parent hold child on back.

Child's head is held by parent's hand.

Parent is low in the water, palm up, holding child's neck and crown.

Parent other hand is holding child's back.

Child is feet away from child's back.

Parent can look down over child and smile.

Walk backwards throughout to get feet near surface. Encourage kicking, and getting child's ears in the water.

13

HOKEY POKEY

Child held by parent facing inside of circle.

Parent holding child facing away from chest, or in the saddle (child legs around one of parent's hips to the side).

Create circle of parents and instructor.

Sing: "You put your [right leg] in,

You put your [right leg] out;

You put your [right leg] in,

And you shake it all about.

You do the hokey pokey,

And you turn yourself around.

That's what it's all about!"

Right hand

Left hand

Feet

Face

01 ENTERING THE WATER

Child and parent sit side by side with feet in the water, butt on the edge.
 Parent puts their arm on top of child's hands between the child's legs.
 The parent should always enter the water first.
 Parent swings into the pool keeping hand on their child's hands.
 Once in the water, grasp child's body or their hands.
 We do this because we want to prevent the child from falling over. Infants are generally wobbly and we support them with our forearm and by holding their hands between their legs.

02 THROW A TOY ENTRY INTO THE WATER

Child begins sitting on the edge of the pool.
 Parent in the water with a toy, holding child's hand.
 Stand next to child so they have a clear view of pool, give the child a toy and encourage them to throw it.
 Return in front of child, count to 3, grasp their hands and scoop them into the water getting their face in as much as they're comfortable, do a FRONT GLIDE to the toy, have child pick it up, and do a BACK GLIDE back to the wall.

03 FRONT GLIDE

Child in the water held by parent.
 Parent in the water holding child.
 Parent hold child like catching a football, if possible, child's hands on parent shoulders. Child's feet should be extending away from parent's chest.
 Hold child horizontal as much as possible. Walk backwards and encourage child to put face in the water looking down. Parent must do this to demonstrate.
 Goal is to get child comfortable on their stomach and with their face looking down in the water.

04 MOTORBOAT-WITH FRONT GLIDE

Child in the water.
 Parent in the water holding child in front glide position (feet away from parent's chest, child's hand on the parent's shoulders. If too young, then child should grasp parent neck).
 Parent will hold child's legs just above the knee to control kicks.
 Sing: "Motorboat, Motorboat go so slow, /
 Motorboat, Motorboat, go so fast, /
 Motorboat, Motorboat, STEP ON THE GAS!"
 Move the child's legs slowly during the "go so slow"
 Increase speed when you get to "go so FAST."
 Move as fast as comfortable, or possible when you say, "step on the gas!"

05 PASSING

Child help by parent or instructor.
 Parent holding child, or ready to receive child.
 Progression based on comfort:
 Hold child in front of body with child horizontal in the water.
 Have child facing the parent who is ready to receive child with a smile, arms outstretched.
 Count "1, 2, 3, GO!" Gently scoop child forward and let go once parent accepts child with palms up on child's chest, or catching like a football (thumbs on chest, fingers on back).
 Beginner: Pass with up to the lips under the water
 Intermediate: Pass with up to the NOSE in the water
 Advanced: Pass child fully submerged.

06 RING AROUND THE ROSIE

Child in the water.
 Parent in the water.
 If able, create a circle with other parents and children.
 Sing together: "Ring-a-round the rosie, /
 A pocket full of posies, /
 Ashes! Ashes! /
 We all fall down."
 On "we all fall down" go underwater with you child, or to their level of comfort.
 Alternate verse:
 "Ring-a-round the rosie, /
 A pocket full of posies, /
 Hush! Hush! Hush! Hush! /
 We've all tumbled down!"

07 FRONT CRAWL ARMS

Child held by parent.
 Parent holding child in FRONT GLIDE position.
 Parent uses one hand to hold child up by holding chest with palm up.
 Parent uses other hand to grab child's arm and move it in a circle.
 Parent switches hands and alternates child's arms.
 Optional: Throw toy and do arm circles to the toy.

08 BUCKETHEAD-THE BEST GAME EVER

Child in the water - ideally 0 depth, or where they can sit, or stand, if not then in the "saddle" being held by parent.
Parent, in the water next to child or holding child.
Fill a bucket with water.
Pour bucket over child's head and smile and shout, say, yell "BUCKETHEAD!!"
Modify this by pouring water over the back of child's head so doesn't go in their eyes. Offer child to do Buckethead to the parent. Encourage them to yell "BUCKETHEAD!"

09 RUB A DUB DUB

Child sitting on edge of pool, or being held by parent.
Parent in the water, either near or holding child.
Parent should have 3 toys that float.
Sing: "Rub-a-dub-dub,
Three men in a tub,
And who do you think they were?
The butcher, the baker,
The candlestick-maker,
They all sailed out to sea,
'Twas enough to make a man stare."
When you say each name, throw a toy. Then do FRONT GLIDE to retrieve toys, and return to start.

10 BACK GLIDE

Child in the water held by parent.
Parent in the water holding child.

-Beginner:
Parent hold child on their back.
Child's head is on the parent's shoulder.
Parent shoulder is underwater.
Parent and child should be cheek to cheek.
Child feet pointed away from parent's chest.

-Advanced:
Parent hold child on back.
Child's head is held by parent's hand.
Parent is low in the water, palm up, holding child's neck and crown.
Parent other hand is holding child's back.
Child is feet away from child's back.
Parent can look down over child and smile.

Walk backwards throughout to get feet near surface. Encourage kicking, and getting child's ears in the water.

11 TWINKLE TWINKLE LITTLE STAR

Child held by parent in BACK GLIDE.
Parent holds child in BACK GLIDE.

Sing: "Twinkle, twinkle, little star.
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star.
How I wonder what you are.
How I wonder what you are."

Can kick child's feet while walking backwards, or look at the ceiling while singing.

12 BLAST OFF!

Child in the water held in FRONT GLIDE or BACK GLIDE position.
Parent holding child.

While holding child in either FRONT or BACK Glide position, get close to the wall and push child's feet against the wall so they are bent. Tell child on "3" they will "Blast off!" the wall and do a Front or Back glide.

Say: "1, 2, 3, BLAST OFF!" and walk backwards quickly and go into a glide.

13 PASSING TO THE WALL

Parent holding child in front of body facing away.
Parent should hold child horizontal facing towards the wall.
Count "1, 2, 3, GO!" and pass the child forward by extending arm.
Child should reach out and grab the wall.

Beginner: Parent holds onto child entire time.

Intermediate: Parent lets go of child just before they reach the wall.

Advanced: Parent pushes child underwater to the wall about 1 body length away, and child grasps wall independently.

14 HOKEY POKEY

Child held by parent facing inside of circle.
Parent holding child facing away from chest, or in the saddle (child legs around one of parent's hips to the side).

Create circle of parents and instructor.

Sing: "You put your [right leg] in,
You put your [right leg] out;
You put your [right leg] in,
And you shake it all about.
You do the hokey pokey,
And you turn yourself around.
That's what it's all about!"

Right hand

Left hand

Feet

Face

01 ENTERING THE WATER

Child and parent sit side by side with feet in the water, butt on the edge.
 Parent puts their arm on top of child's hands between the child's legs.
 The parent should always enter the water first.
 Parent swings into the pool keeping hand on their child's hands.
 Once in the water, grasp child's body or their hands.
 We do this because we want to prevent the child from falling over. Infants are generally wobbly and we support them with our forearm and by holding their hands between their legs.

02 CROCODILE JUMPS INTO THE WATER

Child sitting on the edge of the pool.
 Parent in the water holding child's hands.
 Sing: "Crocodile, Crocodile on the wall, / Crocodile, Crocodile, in you fall!"
 When parent gets to "Fall" smile and gently pull child into the water up to their comfortable depth (chin, lips, nose, whole face). Scoop the child and take a step backwards to simulate a front glide.

03 THROW A TOY ENTRY INTO THE WATER

Child begins sitting on the edge of the pool.
 Parent in the water with a toy, holding child's hand.
 Stand next to child so they have a clear view of pool, give the child a toy and encourage them to throw it.
 Return in front of child, count to 3, grasp their hands and scoop them into the water getting their face in as much as they're comfortable, do a FRONT GLIDE to the toy, have child pick it up, and do a BACK GLIDE back to the wall.

04 FRONT GLIDE

Child in the water held by parent.
 Parent in the water holding child.
 Parent hold child like catching a football, if possible, child's hands on parent shoulders. Child's feet should be extending away from parent's chest.
 Hold child horizontal as much as possible. Walk backwards and encourage child to put face in the water looking down. Parent must do this to demonstrate.
 Goal is to get child comfortable on their stomach and with their face looking down in the water.

05 FRONT CRAWL ARMS

Child held by parent.
 Parent holding child in FRONT GLIDE position.
 Parent uses one hand to hold child up by holding chest with palm up.
 Parent uses other hand to grab child's arm and move it in a circle.
 Parent switches hands and alternates child's arms.
 Optional: Throw toy and do arm circles to the toy.

06 BUCKETHEAD-THE BEST GAME EVER

Child in the water - ideally 0 depth, or where they can sit, or stand, if not then in the "saddle" being held by parent.
 Parent, in the water next to child or holding child.
 Fill a bucket with water.
 Pour bucket over child's head and smile and shout, say, yell "BUCKETHEAD!!"
 Modify this by pouring water over the back of child's head so doesn't go in their eyes. Offer child to do Buckethead to the parent. Encourage them to yell "BUCKETHEAD!"

07 RAINING, POURING

Child in the water, sitting or held by parent.
 Parent in water next to child or holding child.
 Sing: "It's raining; it's pouring. /
 The old man is snoring. /
 He went to bed and bumped his head, /
 And he wouldn't get up in the morning."
 During song, dip hand underwater, and wiggle fingertips over child's head letting the water drip and fall on them.
 Alternate* Use a sprinkling can to do similar.

08 BACK GLIDE

Child in the water held by parent.
 Parent in the water holding child.
 -Beginner:
 Parent hold child on their back.
 Child's head is on the parent's shoulder.
 Parent shoulder is underwater.
 Parent and child should be cheek to cheek.
 Child feet pointed away from parent's chest.
 -Advanced:
 Parent hold child on back.
 Child's head is held by parent's hand.
 Parent is low in the water, palm up, holding child's neck and crown.
 Parent other hand is holding child's back.
 Child is feet away from child's back.
 Parent can look down over child and smile.
 Walk backwards throughout to get feet near surface. Encourage kicking, and getting child's ears in the water.

09 ROW ROW ROW YOUR BOAT

Child in the water held by parent in BACK GLIDE position.
Parent holding child in BACK GLIDE position.

Sing: "Row, row, row your boat,
Gently down the stream.
Merrily, merrily, merrily, merrily,
Life is but a dream."

On the "row, row" part, take child's hands and do a back stroke with them, emphasizing pushing the water.
Walk backwards throughout and sway back and forth in a zig, zag motion during the "merrily, merrily" part.

10 BLAST OFF!

Child in the water held in FRONT GLIDE or BACK GLIDE position.
Parent holding child.

While holding child in either FRONT or BACK Glide position, get close to the wall and push child's feet against the wall so they are bent. Tell child on "3" they will "Blast off!" the wall and do a Front or Back glide.

Say: "1, 2, 3, BLAST OFF!" and walk backwards quickly and go into a glide.

11 TWINKLE TWINKLE LITTLE STAR

Child held by parent in BACK GLIDE.
Parent holds child in BACK GLIDE.

Sing: "Twinkle, twinkle, little star.
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star.
How I wonder what you are.
How I wonder what you are."

Can kick child's feet while walking backwards, or look at the ceiling while singing.

12 SCOOPING-GOING UNDERWATER

Child in the water held by parent.
Parent Holding child thumbs over collar bones with fingers and palm on chest, or like catching football (thumbs on chest, fingers on back)

Progression based on comfort.

Beginner: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting lips in the water.

Intermediate: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting up to the nose in the water.

Advanced: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting whole head underwater.

Smile and Laugh when complete.

13 PASSING

Child help by parent or instructor.

Parent holding child, or ready to receive child.

Progression based on comfort:

Hold child in front of body with child horizontal in the water.

Have child facing the parent who is ready to receive child with a smile, arms outstretched.

Count "1, 2, 3, GO!" gently scoop child forward and let go once parent accepts child with palms up on child's chest, or catching like a football (thumbs on chest, fingers on back).

Beginner: Pass with up to the lips under the water

Intermediate: Pass with up to the NOSE in the water

Advanced: Pass child fully submerged.

14 PASSING TO THE WALL

Parent holding child in front of body facing away.

Parent should hold child horizontal facing towards the wall.

Count "1, 2, 3, GO!" and pass the child forward by extending arm.

Child should reach out and grab the wall.

Beginner: Parent holds onto child entire time.

Intermediate: Parent lets go of child just before they reach the wall.

Advanced: Parent pushes child underwater to the wall about 1 body length away, and child grasps wall independently.

15 RING AROUND THE ROSIE

Child in the water. Parent in the water.

If able, create a circle with other parents and children.

Sing together: "Ring-a-round the rosie,
A pocket full of posies, /
Ashes! Ashes! /
We all fall down."

On "we all fall down" go underwater with your child, or to their level of comfort.

Alternate verse:

"Ring-a-round the rosie,
A pocket full of posies, /
Hush! Hush! Hush! Hush! /
We've all tumbled down!"

14 HOKEY POKEY

Child held by parent facing inside of circle.

Parent holding child facing away from chest, or in the saddle (child legs around one of parent's hips to the side).

Create circle of parents and instructor.

Sing: "You put your [right leg] in,
You put your [right leg] out;
You put your [right leg] in,
And you shake it all about.
You do the hokey pokey,
And you turn yourself around.
That's what it's all about!"

Right hand
Left hand
Feet
Face

01 ENTERING THE WATER

Child and parent sit side by side with feet in the water, butt on the edge. Parent puts their arm on top of child's hands between the child's legs. The parent should always enter the water first. Parent swings into the pool keeping hand on their child's hands. Once in the water, grasp child's body or their hands.

02 CROCODILE JUMPS INTO THE WATER

Child sitting on the edge of the pool. Parent in the water holding child's hands. Sing: "Crocodile, Crocodile on the wall, / When parent gets to "Fall" smile and gently pull child into the water up to their comfortable depth (chin, lips, nose, whole face). Scoop the child and take a step backwards to simulate a front glide.

03 MOTORBOAT-WITH KICKBOARD

Parent in the water holding child's arms on top of kickboard. Parent's chest should be facing same direction as child's face. Parent's right arm should be over the child's body and holding child's right arm on the kickboard. Child's feet will be behind the parent. Sing: "Motorboat, Motorboat go so slow, / Move the child slowly during the "go so slow" Increase speed when you get to "go so FAST."

04 RUB A DUB DUB

Parent in the water, either near or holding child. Parent should have 3 toys that float. Sing: "Rub-a-dub-dub, When you say each name, throw a toy. Then do FRONT GLIDE to retrieve toys, and return to start.

05 FRONT GLIDE

Parent hold child like catching a football, if possible, child's hands on parent shoulders. Child's feet should be extending away from parent's chest. Hold child horizontal as much as possible. Walk backwards and encourage child to put face in the water looking down. Parent must do this to demonstrate. Goal is to get child comfortable on their stomach and with their face looking down in the water.

06 FRONT CRAWL ARMS

Parent holding child in FRONT GLIDE position. Parent uses one hand to hold child up by holding chest with palm up. Parent uses other hand to grab child's arm and move it in a circle. Parent switches hands and alternates child's arms.

07 ITSY BITSY SPIDER

Parent in the water, next to, or holding child. Sing: "The Itsy Bitsy Spider climbed up the waterspout. / Walk your hands up the child stomach, chest, shoulder and head during the "Climbed up the waterspout". Dip hand in water and sprinkle water over child, or pour water from bucket on child when singing: "Down came the rain..." Look at the "sun" on "out came the sun..." Use hand to "climb" back up the child on last line. Smile.

08 RING AROUND THE ROSIE

Parent in the water. If able, create a circle with other parents and children. Sing together: "Ring-a-round the rosie, / On "we all fall down" go underwater with you child, or to their level of comfort. Alternate verse: "Ring-a-round the rosie, /

09 PASSING

Parent holding child, or ready to receive child. Progression based on comfort: Hold child in front of body with child horizontal in the water. Have child facing the parent who is ready to receive child with a smile, arms outstretched. Count "1, 2, 3, GO!" gently scoop child forward and let go once parent accepts child with palms up on child's chest, or catching like a football (thumbs on chest, fingers on back). Beginner: Pass with up to the lips under the water Intermediate: Pass with up to the NOSE in the water Advanced: Pass child fully submerged.

10 MOTORBOAT-WITH FRONT GLIDE

Parent in the water holding child in front glide position Parent will hold child's legs just above the knee to control kicks. Sing: "Motorboat, Motorboat go so slow, / Move the child's legs slowly during the "go so slow" Increase speed when you get to "go so FAST." Move as fast as comfortable, or possible when you say, "step on the gas!"

11 SCOOPING-GOING UNDERWATER

Parent Holding child thumbs over collar bones with fingers and palm on chest, or like catching football (thumbs on chest, fingers on back) Progression based on comfort. Beginner: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting lips in the water. Intermediate: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting up to the nose in the water. Advanced: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting whole head underwater.

12

BACK GLIDE

Parent in the water holding child.

-Beginner:

Parent hold child on their back.

Child's head is on the parent's shoulder.

Parent shoulder is underwater.

Parent and child should be cheek to cheek.

Child feet pointed away from parent's chest.

-Advanced:

Parent hold child on back.

Child's head is held by parent's hand.

Parent is low in the water, palm up, holding child's neck and crown.

Parent other hand is holding child's back.

Parent can look down over child and smile.

13

BLAST OFF!

Child in the water held in FRONT GLIDE or BACK GLIDE position.

Parent holding child. While holding child in either FRONT or BACK Glide position, get close to the wall and push child's feet against the wall so they are bent. Tell child on "3" they will "Blast off!" the wall and do a Front or Back glide.

Say: "1, 2, 3, BLAST OFF!" and walk backwards quickly and go into a glide.

14

BACK CRAWL ARMS

Parent holding child.

Parent holds child with one hand, palm up on back, child's head on surface of water in front of parent's body.

Use one hand to grasp child's arm and move it in a backwards circle motion.

Parent switches hands on child's back and makes circle motion with child's other arm.

15

MOTORBOAT-WITH KICKBOARD

Parent in the water holding child's arms on top of kickboard. Parent's chest should be facing same direction as child's face. Parent's right arm should be over the child's body and holding child's right arm on the kickboard. Child's feet will be behind the parent.

Sing: "Motorboat, Motorboat go so slow."

Move the child slowly during the "go so slow"

Increase speed when you get to "go so FAST."

16

TWINKLE TWINKLE LITTLE STAR

Parent holds child in BACK GLIDE.

Sing: "Twinkle, twinkle, little star."

Can kick child's feet while walking backwards, or look at the ceiling while singing.

17

RAINING, POURING

Child in the water, sitting or held by parent.

Parent in water next to child or holding child.

Sing: "It's raining; it's pouring."

During song, dip hand underwater, and wiggle fingertips over child's head letting the water drip and fall on them.

18

BUCKETHEAD-THE BEST GAME EVER

Parent, in the water next to child or holding child.

Fill a bucket with water.

Pour bucket over child's head and smile and shout, say, yell "BUCKET-HEAD!!"

Modify this by pouring water over the back of child's head so doesn't go in their eyes.. Encourage them to yell "BUCKETHEAD!"

19

PASSING TO THE WALL

Parent holding child in front of body facing away.

Parent should hold child horizontal facing towards the wall.

Count "1, 2, 3, GO!" and pass the child forward by extending arm.

Child should reach out and grab the wall.

Beginner: Parent holds onto child entire time.

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Advanced: Parent pushes child underwater to the wall about 1 body length away, and child grasps wall independently.

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Child held by parent facing inside of circle.

Parent holding child facing away from chest, or in the saddle (child legs around one of parent's hips to the side).

Create circle of parents and instructor.

Sing: "You put your [right leg] in,"

Right hand, Left hand, Feet, Face

01

ENTERING THE WATER

Child and parent sit side by side with feet in the water, butt on the edge.
Parent puts their arm on top of child's hands between the child's legs.
The parent should always enter the water first.
Parent swings into the pool keeping hand on their child's hands.
Once in the water, grasp child's body or their hands.
We do this because we want to prevent the child from falling over. Infants are generally wobbly and we support them with our forearm and by holding their hands between their legs.

02

CROCODILE JUMPS INTO THE WATER

Child sitting on the edge of the pool.
Parent in the water holding child's hands.
Sing: "Crocodile, Crocodile on the wall, / Crocodile, Crocodile, in you fall!"
When parent gets to "Fall" smile and gently pull child into the water up to their comfortable depth (chin, lips, nose, whole face). Scoop the child and take a step backwards to simulate a front glide.

03

MOTORBOAT-WITH KICKBOARD

Child in the water on top of a kickboard.
Parent in the water holding child's arms on top of kickboard.
Parent's chest should be facing same direction as child's face.
Parent's right arm should be over the child's body and holding child's right arm on the kickboard. Child's feet will be behind the parent.
Sing: "Motorboat, Motorboat go so slow, /
Motorboat, Motorboat, go so fast, /
Motorboat, Motorboat, STEP ON THE GAS!"
Move the child slowly during the "go so slow"
Increase speed when you get to "go so FAST."
Move as fast as comfortable, or possible when you say, "step on the gas!"

04

RUB A DUB DUB

Child sitting on edge of pool, or being held by parent.
Parent in the water, either near or holding child.
Parent should have 3 toys that float.
Sing: "Rub-a-dub-dub,
Three men in a tub,
And who do you think they were?
The butcher, the baker,
The candlestick-maker,
They all sailed out to sea,
'Twas enough to make a man stare."
When you say each name, throw a toy. Then do FRONT GLIDE to retrieve toys, and return to start.

05

FRONT GLIDE

Child in the water held by parent.
Parent in the water holding child.
Parent hold child like catching a football, if possible, child's hands on parent shoulders. Child's feet should be extending away from parent's chest.
Hold child horizontal as much as possible. Walk backwards and encourage child to put face in the water looking down. Parent must do this to demonstrate.
Goal is to get child comfortable on their stomach and with their face looking down in the water.

06

FRONT CRAWL ARMS

Child held by parent.
Parent holding child in FRONT GLIDE position.
Parent uses one hand to hold child up by holding chest with palm up.
Parent uses other hand to grab child's arm and move it in a circle.
Parent switches hands and alternates child's arms.
Optional: Throw toy and do arm circles to the toy.

07

ITSY BITSY SPIDER

Child in the water, sitting or being held.
Parent in the water, next to, or holding child.
Sing: "The Itsy Bitsy Spider climbed up the waterspout./
Down came the rain, and washed the spider out. /
Out came the sun, and dried up all the rain/
And then Itsy Bitsy Spider climbed up the spout again."
Walk your hands up the child stomach, chest, shoulder and head during the "Climbed up the waterspout".
Dip hand in water and sprinkle water over child, or pour water from bucket on child when singing: "Down came the rain..."
Look at the "sun" on "out came the sun..."
Use hand to "climb" back up the child on last line.
Smile.

08 RING AROUND THE ROSIE

Child in the water. Parent in the water.
If able, create a circle with other parents and children.
Sing together: "Ring-a-round the rosie,/
A pocket full of posies, /
Ashes! Ashes! /
We all fall down."
On "we all fall down" go underwater with you child, or to their level of comfort.
Alternate verse:
"Ring-a-round the rosie,/
A pocket full of posies, /
Hush! Hush! Hush! Hush! /
We've all tumbled down!"

09 PASSING

Child help by parent or instructor.
Parent holding child, or ready to receive child.
Progression based on comfort:
Hold child in front of body with child horizontal in the water.
Have child facing the parent who is ready to receive child with a smile, arms outstretched.
Count "1, 2, 3, GO!" gently scoop child forward and let go once parent accepts child with palms up on child's chest, or catching like a football (thumbs on chest, fingers on back).
Beginner: Pass with up to the lips under the water
Intermediate: Pass with up to the NOSE in the water
Advanced: Pass child fully submerged.

10 MOTORBOAT-WITH FRONT GLIDE

Child in the water.
Parent in the water holding child in front glide position (feet away from parent's chest, child's hand on the parent's shoulders. If too young, then child should grasp parent neck).
Parent will hold child's legs just above the knee to control kicks.
Sing: "Motorboat, Motorboat go so slow, /
Motorboat, Motorboat, go so fast, /
Motorboat, Motorboat, STEP ON THE GAS!"
Move the child's legs slowly during the "go so slow"
Increase speed when you get to "go so FAST."
Move as fast as comfortable, or possible when you say, "step on the gas!"

11 SCOOPING-GOING UNDERWATER

Child in the water held by parent.
Parent Holding child thumbs over collar bones with fingers and palm on chest, or like catching football (thumbs on chest, fingers on back)
Progression based on comfort.
Beginner: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting lips in the water.
Intermediate: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting up to the nose in the water.
Advanced: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting whole head underwater.
Smile and Laugh when complete.

12 BACK GLIDE

Child in the water held by parent.
Parent in the water holding child.
-Beginner:
Parent hold child on their back.
Child's head is on the parent's shoulder.
Parent shoulder is underwater.
Parent and child should be cheek to cheek.
Child feet pointed away from parent's chest.
-Advanced:
Parent hold child on back.
Child's head is held by parent's hand.
Parent is low in the water, palm up, holding child's neck and crown.
Parent other hand is holding child's back.
Child is feet away from child's back.
Parent can look down over child and smile.
Walk backwards throughout to get feet near surface. Encourage kicking, and getting child's ears in the water.

13 BLAST OFF!

Child in the water held in FRONT GLIDE or BACK GLIDE position.
Parent holding child.
While holding child in either FRONT or BACK Glide position, get close to the wall and push child's feet against the wall so they are bent. Tell child on "3" they will "Blast off!" the wall and do a Front or Back glide.
Say: "1, 2, 3, BLAST OFF!" and walk backwards quickly and go into a glide.

14 BACK CRAWL ARMS

Child held by parent.
Parent holding child.
Parent holds child with one hand, palm up on back, child's head on surface of water in front of parent's body.
Use one hand to grasp child's arm and move it in a backwards circle motion.
Parent switches hands on child's back and makes circle motion with child's other arm.

15 MOTORBOAT-WITH KICKBOARD

Child in the water on top of a kickboard.
Parent in the water holding child's arms on top of kickboard.
Parent's chest should be facing same direction as child's face.
Parent's right arm should be over the child's body and holding child's right arm on the kickboard. Child's feet will be behind the parent.
Sing: "Motorboat, Motorboat go so slow, /
Motorboat, Motorboat, go so fast, /
Motorboat, Motorboat, STEP ON THE GAS!"
Move the child slowly during the "go so slow"
Increase speed when you get to "go so FAST."
Move as fast as comfortable, or possible when you say, "step on the gas!"

16 TWINKLE TWINKLE LITTLE STAR

Child held by parent in BACK GLIDE.
Parent holds child in BACK GLIDE.
Sing: "Twinkle, twinkle, little star.
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star.
How I wonder what you are.
How I wonder what you are."
Can kick child's feet while walking backwards, or look at the ceiling while singing.

17 RAINING, POURING

Child in the water, sitting or held by parent.
Parent in water next to child or holding child.
Sing: "It's raining; it's pouring. /
The old man is snoring. /
He went to bed and bumped his head, /
And he wouldn't get up in the morning."
During song, dip hand underwater, and wiggle fingertips over child's head letting the water drip and fall on them.
Alternate* Use a sprinkling can to do similar.

18 BUCKETHEAD-THE BEST GAME EVER

Child in the water - ideally 0 depth, or where they can sit, or stand, if not then in the "saddle" being held by parent.
Parent, in the water next to child or holding child.
Fill a bucket with water.
Pour bucket over child's head and smile and shout, say, yell "BUCKETHEAD!!"
Modify this by pouring water over the back of child's head so doesn't go in their eyes. Offer child to do Buckethead to the parent. Encourage them to yell "BUCKETHEAD!"

19 PASSING TO THE WALL

Parent holding child in front of body facing away.
Parent should hold child horizontal facing towards the wall.
Count "1, 2, 3, GO!" and pass the child forward by extending arm.
Child should reach out and grab the wall.
Beginner: Parent holds onto child entire time.
Intermediate: Parent lets go of child just before they reach the wall.
Advanced: Parent pushes child underwater to the wall about 1 body length away, and child grasps wall independently.

20 HOKEY POKEY

Child held by parent facing inside of circle.
Parent holding child facing away from chest, or in the saddle (child legs around one of parent's hips to the side).
Create circle of parents and instructor.
Sing: "You put your [right leg] in,
You put your [right leg] out;
You put your [right leg] in,
And you shake it all about.
You do the hokey pokey,
And you turn yourself around.
That's what it's all about!"

Right hand
Left hand
Feet
Face

01 ENTERING THE WATER

Child and parent sit side by side with feet in the water, butt on the edge.
Parent puts their arm on top of child's hands between the child's legs.
The parent should always enter the water first.
Parent swings into the pool keeping hand on their child's hands.
Once in the water, grasp child's body or their hands.

02 CROCODILE JUMPS INTO THE WATER

Child sitting on the edge of the pool.
Parent in the water holding child's hands.
Sing: "Crocodile, Crocodile on the wall,
When parent gets to "Fall" smile and gently pull child into the water up to their comfortable depth (chin, lips, nose, whole face). Scoop the child and take a step backwards to simulate a front glide.

03 THROW A TOY ENTRY INTO THE WATER

Parent in the water with a toy, holding child's hand.
Stand next to child so they have a clear view of pool, give the child a toy and encourage them to throw it.
Return in front of child, count to 3, grasp their hands and scoop them into the water getting their face in as much as they're comfortable, do a FRONT GLIDE to the toy, have child pick it up, and do a BACK GLIDE back to the wall.

04 RUB A DUB DUB

Parent in the water, either near or holding child.
Parent should have 3 toys that float.
Sing: "Rub-a-dub-dub,
When you say each name, throw a toy. Then do FRONT GLIDE to retrieve toys, and return to start.

05 FRONT GLIDE

Parent hold child like catching a football, if possible, child's hands on parent shoulders. Child's feet should be extending away from parent's chest.
Hold child horizontal as much as possible. Walk backwards and encourage child to put face in the water looking down. Parent must do this to demonstrate.
Goal is to get child comfortable on their stomach and with their face looking down in the water.

06 FRONT CRAWL ARMS

Parent holding child in FRONT GLIDE position. Parent uses one hand to hold child up by holding chest with palm up.
Parent uses other hand to grab child's arm and move it in a circle.
Parent switches hands and alternates child's arms.

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Parent should hold child horizontal facing towards the wall.
Count "1, 2, 3, GO!" and pass the child forward by extending arm.
Child should reach out and grab the wall.
Beginner: Parent holds onto child entire time.
Intermediate: Parent lets go of child just before they reach the wall.
Advanced: Parent pushes child underwater to the wall about 1 body length away, and child grasps wall independently.

08 PASSING

Parent holding child, or ready to receive child.
Progression based on comfort:
Hold child in front of body with child horizontal in the water.
Have child facing the parent who is ready to receive child with a smile, arms outstretched.
Count "1, 2, 3, GO!" gently scoop child forward and let go once parent accepts child with palms up on child's chest, or catching like a football (thumbs on chest, fingers on back).
Beginner: Pass with up to the lips under the water
Intermediate: Pass with up to the NOSE in the water
Advanced: Pass child fully submerged.

09 SCOOPING-GOING UNDERWATER

Parent Holding child thumbs over collar bones with fingers and palm on chest, or like catching football (thumbs on chest, fingers on back)
Progression based on comfort.
Beginner: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting lips in the water.
Intermediate: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting up to the nose in the water.
Advanced: Count "1, 2, 3, GO!" Take a step backwards and scoop child down to water in a "U" shape, getting whole head underwater.

10 TWINKLE TWINKLE LITTLE STAR

Parent holds child in BACK GLIDE.
Sing: "Twinkle, twinkle, little star."
Can kick child's feet while walking backwards, or look at the ceiling while singing.

11 BACK CRAWL ARMS

Parent holding child.
Parent holds child with one hand, palm up on back, child's head on surface of water in front of parent's body.
Use one hand to grasp child's arm and move it in a backwards circle motion.
Parent switches hands on child's back and makes circle motion with child's other arm.

12 ROW ROW ROW YOUR BOAT

Parent holding child in BACK GLIDE position.
Sing: "Row, row, row your boat."
On the "row, row" part, take child's hands and do a back stroke with them, emphasizing pushing the water.
Walk backwards throughout and sway back and forth in a zig, zag motion during the "merrily, merrily" part.

13 BUCKETHEAD-THE BEST GAME EVER

Parent, in the water next to child or holding child.
Fill a bucket with water.
Pour bucket over child's head and smile and shout, say, yell "BUCKET-HEAD!!"
Modify this by pouring water over the back of child's head so doesn't go in their eyes.. Encourage them to yell "BUCKETHEAD!"

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Parent in the water holding child's arms on top of kickboard. Parent's chest should be facing same direction as child's face. Parent's right arm should be over the child's body and holding child's right arm on the kickboard. Child's feet will be behind the parent.
Sing: "Motorboat, Motorboat go so slow."
Move the child slowly during the "go so slow"
Increase speed when you get to "go so FAST."

15 MOTORBOAT-WITH FRONT GLIDE

Parent in the water holding child in front glide position
Parent will hold child's legs just above the knee to control kicks.
Sing: "Motorboat, Motorboat go so slow, /
Move the child's legs slowly during the "go so slow"
Increase speed when you get to "go so FAST."
Move as fast as comfortable, or possible when you say, "step on the gas!"

16 RAINING, POURING

Child in the water, sitting or held by parent.
Parent in water next to child or holding child.
Sing: "It's raining; it's pouring."
During song, dip hand underwater, and wiggle fingertips over child's head letting the water drip and fall on them.

17 BLOWING BUBBLES

Parent should hold child like catching a football (thumbs on chest, fingers wrapped around near back). Child should reach to the parent with hands on shoulders if possible.
Hold child as close to the water surface as possible horizontal. Parent should lower body so only face above water.
Parent should encourage child to put lips in the water and blow. Parent should do it and mimic.
Tilt child down so lips enter the water at least once. Smile and encourage blowing by parent demonstrating.
Parent should slowly walk backwards throughout.

18 PASSING

Parent holding child, or ready to receive child.
Progression based on comfort:
Hold child in front of body with child horizontal in the water.
Have child facing the parent who is ready to receive child with a smile, arms outstretched.
Count "1, 2, 3, GO!" gently scoop child forward and let go once parent accepts child with palms up on child's chest, or catching like a football (thumbs on chest, fingers on back).
Beginner: Pass with up to the lips under the water
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Parent holding child facing away from chest, or in the saddle (child legs around one of parent's hips to the side).
Create circle of parents and instructor.
Sing: "You put your [right leg] in,"
Right hand, Left hand, Feet, Face

01

BOBS

10 bobs

- Focus on blowing bubbles underwater
- Breathe in above water
- Breathe out underwater

Variation:

- Go from Soldier --> sitting cross legged on the bottom
- Start in soldier, do a different underwater pose

02

FREESTYLE STREAMLINES

3 x streamline with freestyle kick

- Streamline whole way with face down, thumb locked, ears squeezed.

- Beginners: start on surface
- More advanced: go down first, then push off underwater

03

KICKING WITH BOARD

2 lengths (50) kick with the kickboard.

Options:

- 1 x 25 Freestyle Kick, 1 x 25 Backstroke kick
- 1 x 50 Free Kick
- 1 x 50 Back kick with no board

04

FREESTYLE SHORT DISTANCE

3x SL + 3 strokes free + flip Short distance to work on technique:

- Streamline underwater first
- Head still (face down) and stable while arms move
- Arms entering water at position 11 location
- No breath if possible, especially before flip

05

BREATH TO SIDE PRACTICE

Stand in soldier,

Turn only head to the side, chin over shoulder.

- 5x to one side
- 5x to the other

Stand in shallow water or on a bench/platform

Place *just face in the water, not ears, whole head.

Rotate head to side, keeping 1 cheek, 1 ear, and edge of lips in water.

- 5x both sides

06

FREESTYLE SWIM 1 LENGTH

1 length of freestyle swim.

Goals:

- Streamline with all 3 things: look down, locked thumb, ears squeezed

- Constant Kick

- Arms mostly in position 11 unless moving (catchup)

- Breaths to the side; no lifting

- Face down, aimed down

07

BODY CONTROL CHALLENGE

Everyone goes 3 times.

Lay on the bottom with all 3 points touching floor for 3 seconds:

- Back of both heels
- Butt
- Shoulder blades (top of back) *bonus back of head*

Teaches:

Breath control, blowing bubbles through nose, body position and location, buoyancy (how to stay on bottom), getting body in a flat position not just at surface

08

FREESTYLE WITH NOODLE

Swim 1 length of Freestyle with noodle, or barbell.

Hold noodle in position 11.

Move 1 arm at a time.

Focus on:

- Kick. Need a constant strong kick to make this easier

- Only turning head to the side to breathe; rotate body

- Arms long in front in Position 11

09

STREAMLINE --> HULA HOOPS

Hold a hula hoop at the “T” mark or at ~ 3-4 yards away from all with 1 point touching the bottom.

Go down first, then push off wall. Attempt to streamline with all 3 things (locked thumb, looking down, squeezed ears) through the hoop.

Do 3 x on front

Do 3 x on back

Avoid looking at hoop
Hold hoop steady
Give swimmers turns holding hoop in place

10

BACKSTROKE SWIM 1 LENGTH

1 length swim backstroke

Begin in streamline, underwater 1st, then push off.

Goals:

- Arms always in motion
- Arms aim straight up and are straight as they travel from hips to above head
- Kick constant
- Body straight and engaged (still)
- Chin very slightly tucked, and pulled into spine

11

BACKSTROKE FLOAT CONTEST

Float on back as long as possible (no more than 2 min).

Disqualified if:

- Leg kick - Arms tread
- Arms “swim” - Face sinks underwater

13

FREESTYLE MEDIUM DISTANCE

3 x streamline + 5 strokes FR + 1 breath (not on 1 or 5)

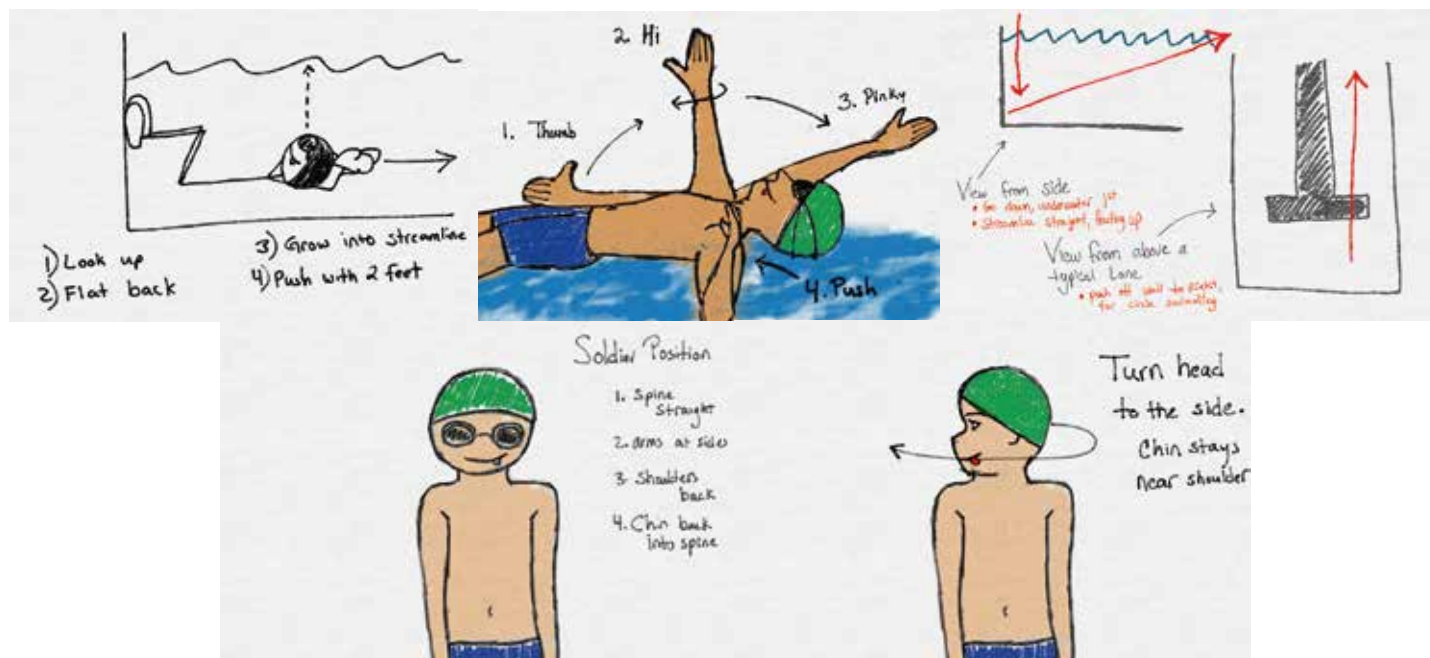
12

JUMPS FROM SIDE

Everyone jumps from side 3 times.

After jump challenges:

- Get a sink toy from bottom
- Get to surface, do a back float, kick to wall
- Get to surface, swim Free with breathing to instructor or specific location
- Get to surface, swim free back to wall
- Do a flip underwater, then recover to surface



01

BOBS

10 bobs

- Focus on blowing bubbles underwater
- Breathe in above water
- Breathe out underwater

Variation:

- Go from Soldier --> sitting cross legged on the bottom
- Start in soldier, do a different underwater pose

02

FREESTYLE STREAMLINES

3 x streamline with freestyle kick

- Streamline whole way with face down, thumb locked, ears squeezed.

- Beginners: start on surface
- More advanced: go down first, then push off underwater

03

FREESTYLE MEDIUM DISTANCE

3x SL + 5 strokes free + 1 breath + flip

- Only breathe on 2, 3, 4
- No breathing on 1st or last stroke
- Especially no breath immediately before flip

Goals:

- Only turn head to side
- Kick - Streamline

04

FRONT FLOAT TURN INTO BACK FLOAT

Push off the wall in streamline. Do a front float in position 11 for 5 seconds. Roll over using torso and arms. Do a back float for 5 seconds. Use rotation method, move over and return in line.

Challenge: see if you can rotate over onto back without using arms.

05

BACKSTROKE DRILL: HLBW/R

Do on deck 1st: head still, feet, hips, body rotates to 1 side, then other. Body in soldier position, kick with face up.

Rotate hips and shoulders from parallel to surface to perpendicular to surface. Rotate through both sides. Head should not move. Have constant kick to keep body straight.

Rotation Drill.

Do 2 x 25's (lengths)

06

BACKSTROKE SWIM 1 LENGTH

1 length of backstroke swim.

Goals:

- Streamline with all 3 things: look up, locked thumb, ears squeezed
- Streamline underwater
- Constant Kick
- Arms constantly in motion
- Body straight, belly near surface

07

10 FRONT FLIPS

Demonstrate a flip

Allow swimmers to attempt many times and fail.

Okay to show and allow them to try different things to accomplish task.

- Can assist by pushing back of head down and lifting feet up when they are in a ball. **do not push to floor.

- Allow jumps off bottom
- Flip at different depths

08

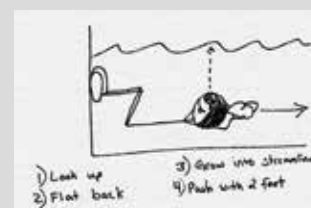
FLIP AT THE WALL

5 x flip facing the wall

- Land feet on the wall
- Aim Head up
- Hands in streamline ready position (on top of head)
- Body like a "chair" position

Land on wall, and pause

- No push off in streamline



09

STREAMLINE --> HULA HOOPS

Hold a hula hoop at the “T” mark or at ~ 3-4 yards away from all with 1 point touching the bottom.

Go down first, then push off wall. Attempt to streamline with all 3 things (locked thumb, looking down, squeezed ears) through the hoop.

Do 3 x on front

Do 3 x on back

Avoid looking at hoop
Hold hoop steady
Give swimmers turns holding hoop in place

10

BACKSTROKE SWIM 1 LENGTH

1 length swim backstroke

Begin in streamline, underwater 1st, then push off.

Goals:

- Arms always in motion
- Arms aim straight up and are straight as they travel from hips to above head
- Kick constant
- Body straight and engaged (still)
- Chin very slightly tucked, and pulled into spine

11

BACKSTROKE FLOAT CONTEST

Float on back as long as possible (no more than 2 min).

Disqualified if:

- Leg kick - Arms tread
- Arms “swim” - Face sinks underwater

13

FREESTYLE MEDIUM DISTANCE

3 x streamline + 5 strokes
FR + 1 breath (not on 1 or 5)

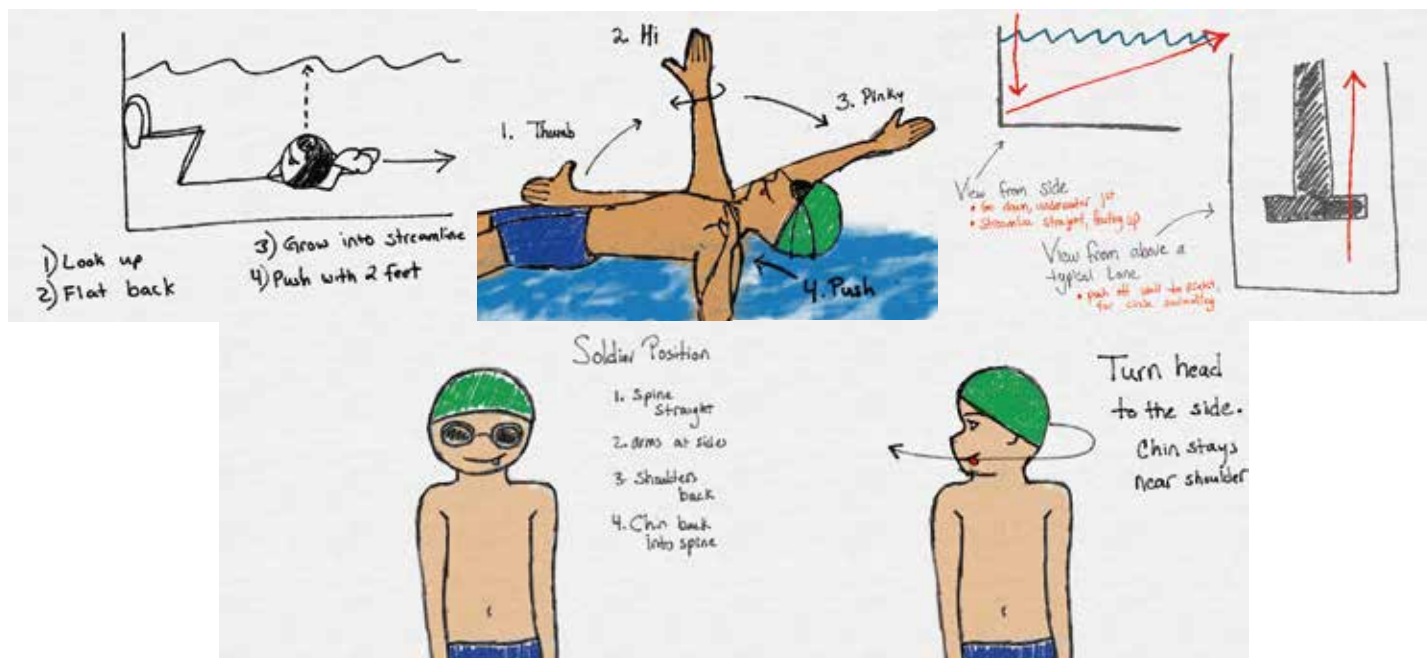
12

JUMPS FROM SIDE

Everyone jumps from side 3 times.

After jump challenges:

- Get a sink toy from bottom
- Get to surface, do a back float, kick to wall
- Get to surface, swim Free with breathing to instructor or specific location
- Get to surface, swim free back to wall
- Do a flip underwater, then recover to surface



01

JUMPS FROM SIDE

1 Everyone jumps from side 3 times.

After jump challenges:

- Get a sink toy from bottom
- Get to surface, do a back float, kick to wall
- Get to surface, swim free back to wall
- Do a flip underwater, then recover to surface

02

KICKING WITH BOARD

2 lengths (50) kick with the kickboard.

Options:

- 1 x 25 Freestyle Kick, 1 x 25 Backstroke kick
- 1 x 50 Free Kick
- 1 x 50 Back kick with no board

03

POSITION 11 2 X 25

Streamline 1st, then do position 11 with freestyle kicks face down for 2 x 25's or 2 lengths.

FOCUS:

- Look down with whole face
- Keep arms straight
- Stay at the surface
- Kick faster when breathe
- Quick breath
- Keep body straight

04

3X STREAMLINE W/ FREE K AND FLY K

3 x SL with Free K
3 x SL with FLY K

Focus on three main key points:

- Look down with whole face
 - Squeeze ears with elbows
 - Lock thumb.
- Use rotation method
Kick immediately after push
Start underwater

05

BREATH TO SIDE PRACTICE

Stand in soldier,

Turn only head to the side, chin over shoulder.

- 5x to one side
- 5x to the other

Stand in shallow water or on a bench/platform
Place *just face in the water, not ears, whole head.
Rotate head to side, keeping 1 cheek, 1 ear, and edge of lips in water.

- 5x both sides

06

FREE DRILL: FISTS 2 X 25

Fists Drill:

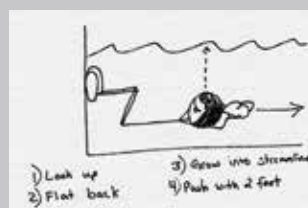
- Make a fist with each hand. Swim while keeping fists clenched.
- Focus on swimming through position 11 with each arm stroke
- Keep kick constant
- Turn head to the side only to breathe like just practiced
- Look at bottom when not breathing

07

FLIP AT THE WALL

5 x flip facing the wall
- Land feet on the wall
- Aim Head up
- Hands in streamline ready position (on top of head)
- Body like a "chair" position

Land on wall, and pause
- No push off in streamline



08

FREE SWIM 1 X 50

Goals:

- Streamline with all 3 things: look down, locked thumb, ears squeezed
- Constant Kick
- Arms mostly in position 11 unless moving (catchup)
- Breaths to the side; no lifting
- Face down, aimed down
- Attempt a flip turn

09

BREASTSTROKE SHORT DISTANCE

3 x streamline (no kick)

+ 1 ("11, Y, Eat, and Reach")

+ 1 BR Kick (suit, flex, circle, squeeze)

Two unique distinct different events. Arms and kick do not happen at the same time.

- Arms move first while floating
- Legs move while arms are in position 11

10

HANDSTANDS THAT TURN INTO FLIPS

Everyone does 10 hand-stands that turn into front flips.

- Do a handstand on bottom with legs up (and together)
- Goal is body straight like soldier upside-down.
- Once in a good handstand, tuck knees in and flip over
- Tuck in chin
- Feet should flip over and land on floor.

11

FREE SWIM 1 X 50

Goals:

- Streamline with all 3 things: look down, locked thumb, ears squeezed
- Constant Kick
- Arms mostly in position 11 unless moving (catchup)
- Breaths to the side; no lifting
- Face down, aimed down
- Attempt a flip turn

12

LAY ON BOTTOM CHALLENGE

Everyone should lay on the bottom 3 times.

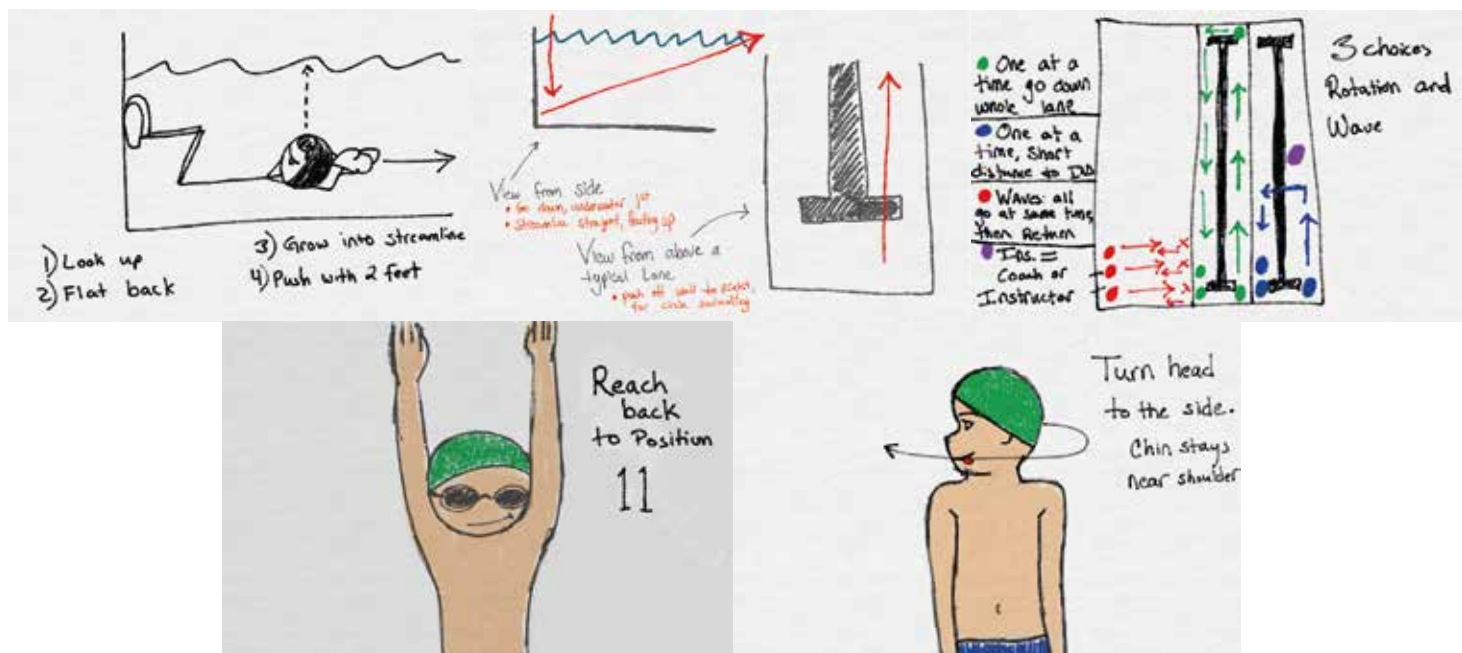
With all points touching floor:

- belly button
- nose
- 1 big toe

Hold for 2 seconds each time.

BONUS*

- Do the same thing, but where all point touch the underside of the surface of the water. Just underwater



01

ON DECK REVIEW AND DO: 100 IM KICK

How do you hold a kickboard for Fly kick, Back Kick, Breaststroke Kick, Freestyle Kick.

- What is the order of 100IM?
- Fly
- Back
- Breast
- Free

Do 1 x 100 IM Kick with board. 1 length of each.

02

IN WATER REVIEW AND DO: POSITION 11

Review streamline 3 things:

- Look down
- Squeeze ears
- Lock thumb

Review Position 11 3 things:

- Keep arms straight
- Look down
- Stay at the surface

Make Position 11 easier:

- Kick faster when breathe
- Breathe quickly
- Keep body straight.

Do 2 x 25 position 11

03

3 X STREAMLINE + 5 FR + 1 BREATH

Streamline first, then do 5 strokes of freestyle with kick. Breathe 1 time to practice to the side. No breath on strokes #1 or #5

Focus on multiple attempts

- Give feedback on streamline, breathe technique, and kicking. Pay attention to head position

04

FREE SWIM 1 X 50

Goals:

- Streamline with all 3 things: look down, locked thumb, ears squeezed
- Constant Kick
- Arms mostly in position 11 unless moving (catchup)
- Breaths to the side; no lifting
- Face down, aimed down
- Attempt a flip turn

05

BREASTSTROKE ON DECK + 3X IN WATER

On Deck:

Demo: toes up, heel down, toes up and turned out to side away from other foot.

Sit on edge:

Flex 10x with legs straight at surface.

- Flex 10x after feet bend at knee to touch wall underwater

- Do 10x full BR kicks sitting on edge

In Water:

3x SL w/ no kick + 2 x ((1xBRarm w/breath)

+(1 BR K)), arms then kick

Two distinct events.

06

FLY KICK 2 X 25

Butterfly kick:

- Do with hands at sides like soldier position
- Focus on moving the butt, the hips, and the chest.
- Keep head still
- Avoid only moving legs.

****Challenge****

- Do FLY kick in position 11
- Do FLY kick on side with bottom arm extended forward, top arm at side
- Do FLY kick on back

07

ON DECK: 10X SL --> FLY ARM

SLOW

Start in streamline while standing.

- Bring arms straight down in front of person
- Aim thumbs forward, keep hand open
- Sweep up like a snow angel, keep: arms straight, elbows locked straight, thumbs pointing forward
- Clap back of hands above head
- Return to Position 11
- Repeat

08

FLY SWIM SHORT DISTANCE

5 x streamline with fly kick + 2 strokes of fly swim + 1 breath on stroke #2

- Kick from the hips
- When arms are in 11, butt should be “popping” up (see picture on reverse; super important).
- As arms travel over water, aim thumbs down to bottom of pool
- Breathe when hands are pushing down, or back underwater
- Arms and legs always move after streamline.

09

BK + FR DRILL: HLB W/ R

Head lead balance with rotation. The head goes first while the body balances on the surface and both hips rotate 90° to water surface.

FREE:

Body in soldier position, kick with face down.

Rotate hips and shoulders from parallel to surface to perpendicular to surface. Rotate through both sides. Breathe on a rotation with hips up. Breathe to ceiling.

Have constant kick to keep body straight.

On back keep head still.

10

BACKSTROKE 1 X 50

Goals:

-Streamline with all 3 things: look up, locked thumb, ears squeezed

- Constant Kick

- Arms always moving; no pausing near the hips

- Head is still, chin slightly tucked

- Hips are near surface and rotating about 45° from parallel to surface

- Attempt a flip turn

11

BREASTSTROKE SWIM 2 X 25

Swim like you are doing short distance drill from before:

Do 1x “11, Y, Eat and breathe, Reach” then with arms in Position 11 do 1 x breaststroke kick.

- Kick should make person move.

- Arms should not “pull” through water, but provide lift for head

- Kick should be done in position 11

- Hold front float after kick

12

SUPER HERO SWIM

Super Hero Swim:

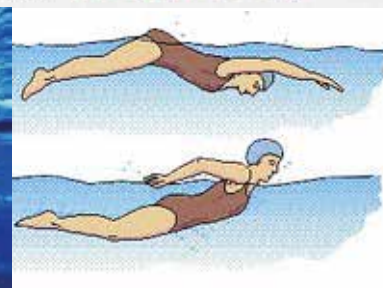
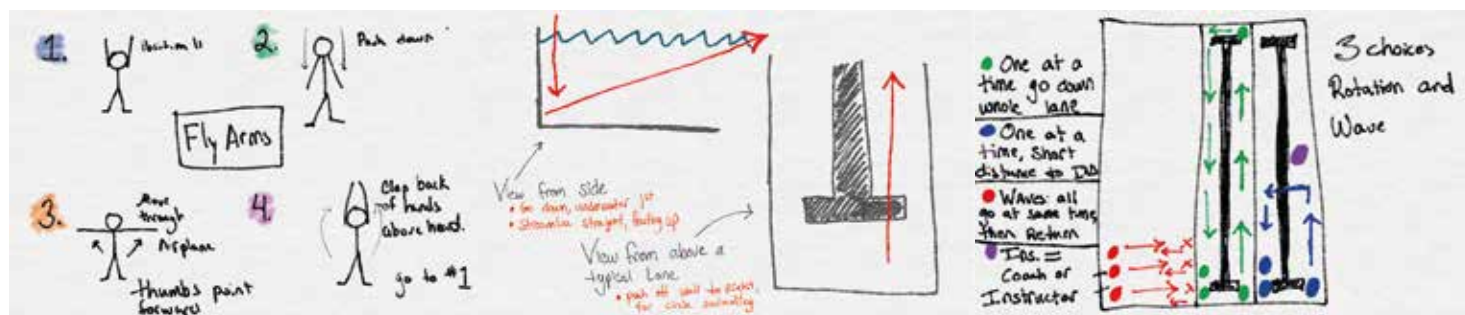
-Hold hula hoop just under the surface

-Kids take turns “flying” through the hoop like Superman (front glide-ish)

-Ask their superhero name

-Ask what their super power is

-Each goes through 3x



09

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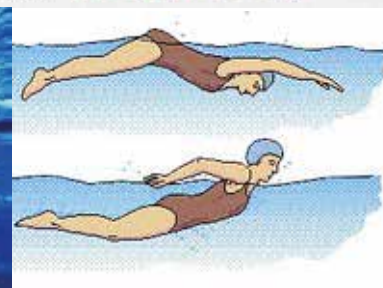
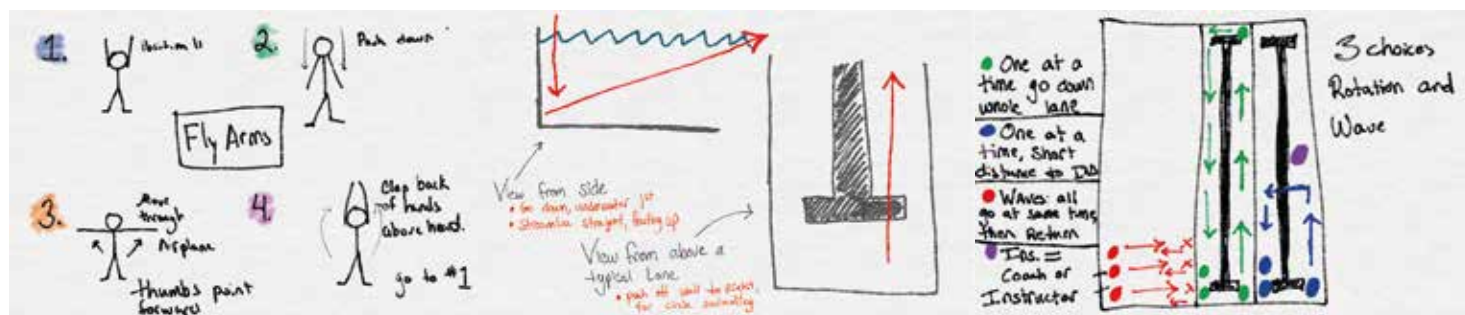
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-Ask their superhero name

-Ask what their super power is

-Each goes through 3x



01

SIT ON THE SIDE, FEET IN THE WATER

Have each child sit on the wall, in a line.
Instructor should be in water.

02

RED LIGHT GREEN LIGHT

While sitting on side:
Green Light = Fast KICKS
Yellow Light = Baby kicks
Red Light = No Kicks
Purple Light = SILLY FACE!

03

FACE IN THE WATER

Put each body part in the water, up to child's level of comfort:

Do 3 times each:

- Chin
- Lips
- Each Ear
- Nose
- Forehead
- Full Face

04

BLOWING BUBBLES

Use ping pong ball, or floating toy to each child.

-Place toy in water and use bubbles or blowing to move the toy to a specific place.

-Smile and encourage those that make bubbles.

05

MAKE A CAKE

Second Best game Ever!

- Get a hula Hoop
- Have each child hold onto the hoop.
- Go first, splash water into hoop center; pick ingredient to add to cake.
- Have each child do same
- Sink hoop underwater to "put in the oven"
- Do other activity like Front floats
- Ask if cake is ready? Pull up together; eat by splashing

06

TREASURE HUNT

Get Rings, Toys, Sinking sticks, or anything that stays at bottom.

-Start in chest deep water

- Use hand to pick it up putting:
- Chin in water
- Lips in water
- Nose in water
- Eyes in water
- Whole head in water

07

BODY DANCE AND DIP

In Chest Deep water:

Participants mirror what the instructor does. INS moves slowly and deliberately.

- Stand straight like soldier with hands at hips, chest forward, shoulders back.
- Push chin into spine.
- Put hands in Position 11 over head (above shoulders)
- Put hands at side, and lean to one side, placing shoulder in water; switch
- Spin in circle.
- Start over
- Each time put a different body part in water

08

ALLIGATOR AND MONKEY WALKS

Alligator Walk:

In knee deep water:

- Lay on Belly, prop head up above water with hands.
- Throw a toy or ring away
- Walk on Hands to toy and "chomp" it like an alligator.
- Encourage blowing bubbles while moving through water
- Encourage kicking while moving through water

Monkey Walks:

- Along the side of the pool
- Use hands and Feet to crawl sideways along edge of pool.
- Give specific end point
- Create pretend obstacles along the way; underwater.

09

MORE TIME LEFT? REPEAT 03-07

JUMPING FROM THE WALL

Class sit on edge of wall. One at a time, stand up, and hold child's hands and "jump" into water. You control if face goes in water.

01

ENTER WATER SUPER HERO SWIM

Enter the water giving Assistance, but encourage To enter on their own.

Super Hero Swim:

- Hold hula hoop just under The surface
- Kids take turns “flying” trough the hoop like Superman (front glide-is)
- Ask their superhero name
- Ask what their super power Is

-Each goes through 3

02

TREASURE HUNT

Get Rings, Toys, Sinking Sticks, or anything that Stays at bottom.

- Start in chest deep water
- Use hand to pick it up
- Putting:
Chin in water
Lips in water
Nose in water
Eyes in water

03

JUMPS FROM THE SIDE

Hold the child’s hand
When they jump in, control How deep their face Goes into the water.

-Ask each child before Jumping:

“Do you want to go underwater or not?”

04

SUPPORTED FRONT FLOATS

Using the rotation technique, use the script:

- “Put your arms on my shoulders”
- “Push off with me”
- “**Put your face in the water, kick, and blow bubbles**”

05

BLOWING BUBBLES

Use ping pong ball, or floating toy to each child.

-Place toy in water and use bubbles or blowing to move the toy to a specific place.

-Smile and encourage those that make bubbles.

06

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- Encourage kicking while moving through water

Monkey Walks:

Along the side of the pool
-Use hands and Feet to crawl sideways along edge of pool.

07

BAKE A CAKE

Play the Bake a Cake Game

- Get a hulla Hoop
- Have each child hold onto the hoop.
- Go first, splash water into hoop center; pick ingredient to add to cake.
- Have each child do same
- Sink hoop underwater to “put in the oven”
- Do other activity like Front floats
- Ask if cake is ready? Pull up together; eat by splashing

08

KICKING AND JUMPS

Use floating assists like barbells, kickboards, or noodles

-give one to each child

-kick Freestyle kick (flutter) to a specific point in the pool.

-once at other location, do game like jumps

-Before jumping ask to count to 10 in foreign language; or say 3 fruits, etc

-Return to class location by doing flutter kicks on back with float assist toy.

01

ENTER THE WATER

- Have each child sit on the edge
- Repeat all names, and do kicks equal to number of letters in name.
- Encourage swimmers to get in water by themselves.
- Give assistance where needed.

02

SIMON SAYS

- EXP: "Simon says splash your hands!"
- You demonstrate, kids mimic
- Do: Kicking, Arm Circles, Face in water, Bubbles.
- Repetition is key
- One action must be going underwater to level of comfort (lips, nose, eyes)

03

GOOFY FACE COMPETITION

- Practice making goofy faces to each other.
- Instructor makes a Goofy Face above water.
- Instructor makes a Goofy Face Under Water.
- Participants go under water to see the face.
- Everyone takes a turn: 1 face above, 1 below

04

FLOATS

- Review Script from Day One.
- BACK:
 - "Stand up straight"
 - "Turn around"
 - "Put your shoulders in the water"
 - "Tilt your head back"
- FRONT:
 - "Put your arms on my shoulders"
 - "Push off with me"
 - "Put your face in the water, kick, and blow bubbles"

05

BOBS, GOING UNDERWATER

- Teacher goes underwater first. ****MUST DO THIS****
- Act excited and happy about going underwater
- Go one at a time
- Go all together
- *If a child won't go under:
 - "You don't have a choice, you have to put something underwater."
 - Offer options in order: Eyes, Nose, Lips, Chin, Shoulders

06

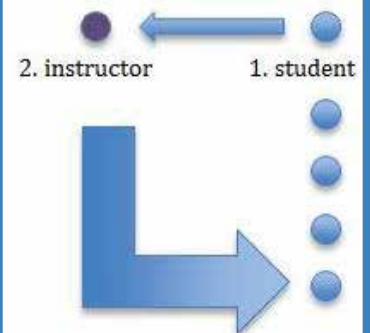
GLIDES

- Follow Floats PICTURE
- FRONT:
 - Your shoulders in the water
 - Swimmer's hands on your shoulders
 - Keep swimmer body flat on the surface of the water
 - Encourage Kicking, Face in
- BACK:
 - Hold swimmer by the crown (back) of the head
 - Walk backwards
 - Goal keep body at surface

07

RETRIEVE OBJECTS UNDERWATER/ JUMPS

- Items Needed: Rings, Sticks, Sinking toys
- Give each swimmer a toy
- Swimmer can throw or drop toy into the water
- You go underwater and demonstrate how to get first toy.
- If cannot go under, encourage to bend, use hands, feet, etc to get toy higher
- *Tie to jumping in. Jump, then get toy



- Use the Graphic to do these floats repeatedly.
- Quick, fast, feedback, repetition is goal for teacher.
- Say Script
- Give feedback
- Give chance to do again back to the line
- Give feedback once in line again

01

GO UNDERWATER COMPLETELY ON OWN

Ask each student how old they are and have them do that many bobs. Be sure the child is going completely under the water.

02

SUPPORTED FRONT FLOAT

Follow Script:

- "Put your arms on my shoulders"
- "Push off with me"
- "Put your face* in the water, kick, and blow bubbles"

Encourage to put face in the water. Blow bubbles, count toes, look for rings.

03

JUMPS FROM THE SIDE

Give each child choice:

- "Do you want to go underwater or not?"
- Jump in holding hands, control depth of entry

04

SUPPORTED BACK FLOATS

Follow Script:

- "Stand up straight"
- "Turn around"
- "Put your shoulders in the water"
- "Tilt your head back"
- "Lift your belly to the sky"
- Cradle head with palm

Encourage the correct form:

- Ears in the water
- Head back
- Belly up
- Feet not sinking under

05

BUCKETHEAD

Play Buckethead, the best game of all time.

- Your enthusiasm will make the game better.

- Pour water on child's head, yelling "BUCKETHEAD"

07

FLOATS, GLIDES AT LOCATION

Once you reach your location after kicking there,

- put float assist toys on the wall

- have child either sit on edge or hang on wall
- take turns doing various activities.

- Front Floats/Glides with support
- Back floats/glides with support

- Practice arm circles
- Jumps (controlling if face goes in water or not).

****Goal****

Do everything you would do in shallow modified for deep.

Goal to make deep end or location not scary by doing same things same way.

06

KICK TO THE DEEP END

Or other specific location.

- Get barbells, noodles, kickboards, and kick somewhere.

- Help each child out by kicking their feet with them.
- Grasp child's knees, or just above the knee to move their feet in the correct kicking motion.

Floppy feet, "paint a fence with toes"

08

BAKE A CAKE OR GAME

Bake a Cake Game, or pick another game:

- Rings
- Ducks
- Treasure Hunt

- Jumps with floats
- Lifeguard (rescue a float)

GOAL each game to go underwater with whole face

FIN

REPEAT 06-08

Mix up the last few things as needed. Focus on what children are deficient in.

Inject games, or jumps as rewards in between activity.

In all things focus on going underwater repeatedly.

STATION 3 – KICKING DRILLS

01

KICKING WITH KICKBOARD

Use a Kick Board

-Fly Kick: Hold the board at the bottom, face in the water, arms held straight

-BK Kick: hold board at chest, lay on back, hands on side

-BR and FR Kick: Hold board at top, arms straight laying on board, head out of water

02

KICKING WITHOUT BOARD

-Fly Kick: Hands are at hips
On: Back, Side, Stomach

-Back Kick: Hands at Side

-Breaststroke Kick: Hands at side, Breathe after each kick, get back under

-Free Kick: Hands at side, OR Lower arm reach forward, over head, lean on side, top hand at hips.

03

HEAD LEAD BALANCE WITH ROTATION

Kicking and Rotation Drill:
BK and FR

-Head stays still throughout
--Start in soldier position: shoulders back, spine straight, hands at hips

--BK head stays pointed up, Hips drive the body to rotate perpendicular to surface

-FR: head looks down, turns with hips to look up breath

04

18 KICKS, 3 STROKES

FR and BK Drill

-Get LONG in water
-1 arm will always be above the head, reaching for wall during the “18 Kicks” Hips rotate 90 degrees

-Do 3 strokes, then get on your side and do 18 kicks.
-BK: Face always pointed up, hips rotate
-FR: Face down, hips rotate

05

PITTER PATTER, CANNONBALL SPLASH

FR and BK Kick Drill

-Do 20 “pitter patter” small, light, straight leg as possible kicks.

-Do 10 huge, super splashing bent knee kicks.

-Alternate until finished with length.

-Like Goldilocks and 3 bears, best kick, is the medium one: Straighter legs with a little bend.

06

SCISSORS AND NOODLES

BR Kick Drill

- Lay on noodle behind arms and back

-Do 10 - 20 “kicks”
--Legs straight, toes pointed up: Move legs out and in; toes stay up, knees straight. Like scissors

-Do 1 length of BR kick on Back with noodle to support head/back:

-LOOK at feet while kicking

07

FLY AROUND THE WORLD

Fly Kick Drill

-Start on Stomach
--Do 4 Fly Kicks on front
--Do 4 Fly Kicks on Left side
--Do 4 Fly Kicks on Back
--Do 4 Fly Kicks on Right side

Spin “Around the World” all the way to the other side, doing # of kicks on each side.

08

FLY LIKE A FROG

BR and FLY Kick Drill

Put toys in a line along bottom of pool.

-Do 4 Fly kicks at surface
-Dive underwater with last Fly Kick

-Do BR kick until you get to the toy, pick it up
-Jump off bottom back to surface and repeat

01

BOBS AND BILLY

- Do 5 bobs or do the number of bobs as they are old.
- Do 5 more bobs, and when underwater:
 - Blow as many nose bubbles as possible
 - wave your arms around like “Billy” would.
 - flail your legs around like a wild crazy “Billy” chicken
 - Do a flip at the bottom of the pool

02

MOTORBOAT KICKING

- Sing the song:

“Motorboat, Motorboat,
Go so slow...
Motorboat, Motorboat,
Go so Fast!
Motorboat, Motorboat,
STEP ON THE GAS!!!!”
- Kick speed should match song lyrics.
- Sitting on edge, or w/ float

03

FRONT GLIDES

- Using the rotation technique, have each child do front glides to the best of their ability (ideally alone)
- Head down, body straight
- Focus on KICK:
 - Use the “whole” leg
 - Assist by holding thigh just above knee

04

BACK GLIDES

- Using the rotation technique, have each child do back glides .
- Support Head if needed
- Focus on KICK
 - Use the whole leg
 - Legs should “paint” with their toes up and down

05

FLY KICK SOLDIER

- Participants stand in Soldier position:
 - 1) Body straight, Shoulders back, Chin pushed into spine.
 - 2) Lay flat in the water unmoving in soldier position.
 - 3) Do 2 fly kicks moving hips. Chest and Hip move
 - Repeat 2-3.

06

LEGS ON FIRE KICK

- Kick to the other side, or a short distance doing:
 - With a Kick Board or similar:
 - 1 person’s legs are on FIRE!
 - They go last.
 - Others go next or in front of “on fire,” splashing as much as possible to “Put out the fire”
 - Repeat until everyone has chance to be “on fire”

07

WILD PORPOISE

- Use rotation method, or go do for 1 length at a time.
- Streamline or front glide first
 - 10 Free Kicks @ Surface
 - 4FLY kicks UNDER water
 - 10 Back Kicks @ Surface
 - 4 Fly Kicks UNDER water
- Repeat
- Only do FR kicks at beginning durring streamline.
- Talk about body posture and balancing on surface

08

BREASTSTROKE (SEE IT & SAY IT)

- Demonstrate Breaststroke kick on deck.
- Have participants take a turn demonstrating
- Sit on the edge of pool:
 - Butt just on edge about to fall in
 - Legs straight out in front, near the surface (above or below okay)
 - Lean backwards
 - Do 3x 10 breaststroke kicks
 - Give personalized feedback
 - Do 2 lengths on BACK with BR kick: look at own feet

STATION 4 – LEVEL TWO

01

ENTER THE WATER AND BILLY BOBS

Instructor get in first, swimmers get in one at a time.

-Once in, do 10 “Billy” Bobs

-When underwater be as crazy as “Billy”

--Scream

--Flail arms around crazy

--Move feet in wild motions

--Jump back up and above water be super proper, prim.

02

GLIDE REVIEW AND SIDE KICK

Set up your area like the Rotation Guide.

-Each swimmer does this 3x

-Front Glide to Instructor,

-Do 5 K on front

-Do 5 K on a SIDE

Bottom arm reaches

forward, top arm sits at hip.

-Do to INS, get feedback, do it back to wall.

*Can do this on Back too

03

ARM MOTION PRACTICE

On Deck, or Chest Deep Back and Free Arms

-Review Body Posture:

Shoulders back, spine straight, chin into neck.

-Connect Hips to Arm motion.

-1 arm up above head, other arm at hips.

-Rotate hips as arms “Swim”

-Go slow, use mirrors if possible

04

SWIM SHORT DISTANCE

Do this with different Activities: Everyone goes 3x (three times)

1) streamline (green)

+

-3 strokes of FREE (yellow)

-Move over (red)

-Return to line (blue)

2) streamline (green)

+

-3 strokes of BACK (yellow)

-Move over (red)...

3) Streamline

-2 strokes of FLY

--No KICK

--Focus on keeping arms straight on recovery

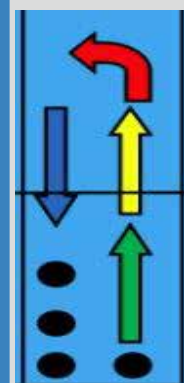
(forward motion at surface)

4) streamline

-2 “11, Y, Eat, and Reach”

--No KICK

-- “11, Y,...” doesn’t make you move, just do the arm **motion**.



*Use the Short Distance Stroke Work Cheat Sheet for more ideas and details

05

3X SL + 5 FR + 1 BREATH + FLIP

Everyone Goes three times. Streamline plus five strokes of freestyle plus one breath and then a flip. You can only breathe on strokes 2, 3, or 4.

-Focus on Long body line streamline

-Look down when not breathing

-Quick, side breath

-Flip quickly and in a small ball

06

TOY TOSS FETCH

Each swimmer gets a Toy

-Throw toy short distance away

-Swim FREE to the toy

-Pick it up

-Put toy on stomach

-Swim or Kick BACK

returning to start.

-Focus on BODY line and position

07

SCULL AND SPIN

Stand in Chest or shoulder deep water.

-Raise feet off bottom as if sitting in chair.

-Keep feet up by pushing hands to the sides and then back in quickly; horizontal

-If fail, and head falls underwater:

--Immediately do a front float

--after 5 seconds “spin” by splashing with one hand,

and pushing up with other

--Do 5 second Back Float

--Repeat

STATION 5 – FREESTYLE

01

ARM MOTION PRACTICE

On Deck
Back and Free Arms
-Review Body Posture: Shoulders back, spine straight, chin into neck.
-Connect Hips to Arm motion.
-1 arm up above head, other arm at hips.
-Rotate hips as arms “Swim”
-Go slow, use mirrors if possible

02

GET IN AND GO

Sit and slide in water, do bobs, or something to get underwater, and immediately do down and back, or short distance FREESTYLE kick with a board.

-5 bobs

-2x25 FR Kick

03

BREATHE PRACTICE

In waist deep water, or holding wall. Goal is torso horizontal, but easily able to stand, or unbend.

-Face in water (no ears)
-Turn head to the side, 1 ear, part of lip, and tip of 1 eye get in water. (1/2 face)

-Repeat 10 - 20 times
--Practice both sides
--Waist deep water best

04

SWIM SHORT DISTANCE

Do this with different Activities: Everyone goes 3x (three times)

- 1)
-streamline (green)
+
-3 strokes of FREE (yellow)
-Move over (red)
-Return to line (blue)
- 2)
-streamline (green)
- 5 strokes of FREESTYLE + 1 breath + Flip (yellow)
--Can only breathe on stroke #2, 3, or 4

- 3)
-streamline (green)
-7 strokes of freestyle + 2 breaths
-No breathing on 1 or 7.
-Must take 2 quick breathes. Goal not immediately after

05

FR DRILL- 15 BK KICKS, 3 FR

Do this 2 lengths

- Streamline
- 3 free strokes
- turn over on back, do 15 backstroke kicks
- turn over to front, 3 strokes FR
- Repeat (no streamline)
- Focus on long body line
- Goal is to work on head position: Face DOWN when swimming

06

TOY TOSS FETCH

Each swimmer gets a Toy
-Throw toy short distance away

-Swim FREE to the toy
-Pick it up
-Put toy on stomach
-Swim or Kick BACK returning to start.

-Focus on BODY line and position

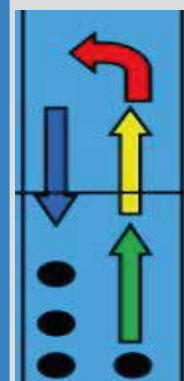
07

KICKBOARD SWIM

Use kickboard, barbell, pull bouy, noodle

Hold kickboard at base with both hands above head.

-Swim FR 1 arm at a time.
-1 hand always holding kickboard
-Go slow
-Focus on your kick; strong kick key
-Increase kick when taking breath
-Breathe with 1/2 face in water
-Kick drives motion



*Use the Short Distance Stroke Work Cheat Sheet for more ideas and details

STATION 6 – BACKSTROKE

01

ARM MOTION PRACTICE

On Deck
Back and Free Arms
-Review Body Posture: Shoulders back, spine straight, chin into neck.
-Connect Hips to Arm motion.
-1 arm up above head, other arm at hips.
-Rotate hips as arms “Swim”
-Go slow, use mirrors if possible

02

GET IN AND GO

Sit and slide in water, do bobs, or something to get underwater, and immediately do down and back, or short distance FREESTYLE kick with a board.

- 5 bobs
- 2x25 FR Kick
- 2x25 BACK kick, no board hands at side

03

BREATHE PRACTICE AND FR REVIEW

In waist deep water
-Face in water (no ears)
-Turn head to the side, 1 ear, part of lip, and tip of 1 eye get in water. (1/2 face)

- Repeat 10 - 20 times
- Practice both sides
- Waist deep water best
- Do 2x25 FR swim, if needed do BK Kick to catch breath

04

SWIM SHORT DISTANCE

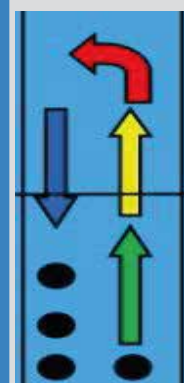
Do this with different Activities: Everyone goes 3x (three times)

- 1)
-streamline (green)
+
-3 strokes of BACK (yellow)
-Move over (red)
-Return to line (blue)

- 2)
-streamline (green)
- 5 strokes of BACKSTROKE+
-Turn on belly + Flip (yellow)
-Flip immediately once on front, no breath

- 3)
-streamline (green)
-7 strokes of BACK+

- Focus on Body Line
- Keep hips near surface
- Chin very slightly tucked



*Use the Short Distance Stroke Work Cheat Sheet for more ideas and details

05

BK DRILL

Do a BACK Drill:
-HLBw/R
-3-3-3
-1 arm only (RAD LAB)
-Tick Tock
-Sit and Spin
-Fingers to the walls
-Double arm BK
-variations
-3 Free, 3 BK

06

TOY TOSS FETCH

Each swimmer gets a Toy
-Throw toy short distance away

- Swim BACK to the toy
- Pick it up
- Put toy on stomach
- Swim or Kick BACK returning to start.
- Focus on BODY line and position

07

STREAMLINE HULLA HOOPS

Have a partner, or teacher hold a hulla hoop about 6 feet away from wall touching bottom

- Swimmer streamlines on back through the hulla hoop
- Start with, 2 hands on wall, 2 feet on wall
- Go DOWN first
- Lay on back
- Feet on wall and bent like sitting on chair
- Hands on top of head, elbows bent
- Back straight? push off

STATION 6 – BACKSTROKE DRILLS

01 HEAD LEAD BALANCE WITH ROTATION

“Head goes first, the body balances on the surface, and hips and shoulders rotate so they are 90 degrees to surface of pool. Head does not move”

- Start in soldier position, hands at side.
- BACK version: Head stays looking at ceiling
- Kick BK kick, hips drive the rotation
- Rotate to perpendicular to surface, switch, rotate other side perpendicular
- Repeat whole length

02 3-3-3

Works for FREE, FLY, and BK

- Backstroke version:
- Do 3 strokes of 1 arm only (3 right arm only strokes)
- other hand stay at hip
- Exaggerate the rotation, like HLBw/R drill 90 degrees
- Do 3 total strokes using both arms
- Hips only rotate 45 degrees of surface
- Do 3 strokes of OTHER arm only (3 left arm only strokes)
- Do 3 total strokes using both arms
- Repeat

03 1 ARM ONLY (RAD LAB)

BK and FR Drill:

- Start in soldier position (hands at side, body straight, chin back)
- Right Arm Down (only right arm) left stays at side
- Rotate 90 degrees to surface with each stroke, Combo HLBw/R and swimming with 1 arm. Connect Hips to arm stroke: move together
- Left Arm Back: (only left arm on return)
- 2x25s or 2 lengths

05 SIT AND SPIN

Very short distance drill: focuses on straight arms and quick movements, quick recovery

- Push off wall with body in an “L” shape, or sitting in chair
- Kick FAST
- Chest and Head should be upright
- Throw hands behind body as fast as possible
- Do 4-5 arm strokes, NO MORE of super fast BK
- Get hands spinning as quickly as possible
- Lay down, then do 1 length of BK swim
- Remember super fast arm speed above water

07 DOUBLE ARM BACKSTROKE

Both arms recover and pull at the same time. Pull with fingers pointing to walls to the right and left of swimmer.

- Underwater recovery:
- Arms sneak up the chest and over head without breaking the surface as they return to the “catch” over the head
- Easier
- Hands over water recovery
- Only the hands can exit the water when arms reach back over head to catch.
- Double arm Back with arms directly up over water
- Most difficult
- Flat swim. -Focus on KICK -Focus on Bending elbows on pull

04 TICK TOCK DRILL

Each hand moves 1 at a time

-Other hand waits at hip while moving arm does drill.

- After hand exit, do normal stroke until arm gets to water above head. Stop armstroke, Return hand to the hip
- Touch water at hip
- Do above water recovery again, touch water over head, do catch, finish stroke to hip underwater, do next arm
- Arm remains straight throughout above water recovery
- Adjust drill by not returning to water at hip, instead bring arm back to 90 degrees of surface, or pointing up, then finish recovery. IF ARM MOVES, HIPS MOVE TOO

06 FINGERS TO THE WALLS

Use this when beginning the bent arm pull of BACKSTROKE.

- When hands are underwater pulling to the hips,
- Point fingers at the outside walls as you pull water down.
- Arm and hand may move in a semi-straight arm pull, or look like a snow angel
- Start with No elbow bent
- Bend a little bit
- Bend elbow 90 degrees, hand and fingers point to walls

08 3 FREE, 3 BACK

Long axis drill

- Do 3 strokes of Freestyle, then turn over and do 3 strokes of backstroke
- Feel the long line of the body
- Focus on the spine remaining straight
- Rotate the hips
- Think about how the arms move differently
- Catch the water early above the head.
- Minimize head motion

01

ARM MOTION PRACTICE

On Deck

--Go Slowly, use mirrors

-BR arm language:

--**Position 11:**

*Arms over shoulders above head

--**Y:**

*Arms in “Y” over head

--**Eat:**

*Elbows stay in “Y,” hands bend down to mouth

--**Reach:**

*Hands return to 11.

02

GET IN AND GO

Sit and slide in water, do bobs, or something to get underwater, and immediately do down and back, or short distance FREESTYLE kick with a board.

-5 bobs

-2x25 FR

-2x25 BACK

03

BREATHE PRACTICE

In waist deep water
Stand upright

:BR:

-Breathe on the “Eat”

-“Do 5: ”11, Y, Eat, and Reaches” breathe while you do the “Eat” motion.

-Breathe by looking up at ceiling.

-Face returns underwater on the Reach back to 11.

04

SWIM SHORT DISTANCE

Do this with different Activities: Everyone goes 3x (three times)

1)

-streamline (green)

+

-2 “11, Y, Eat, and Reach” (yellow)

-Move over (red)

-Return to line (blue)

**No Kicking, virtually no movement. Motion from SL

2)

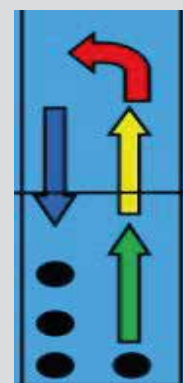
-streamline (green)

- 1 “11, Y, Eat, and Reach” +1 breath on “Eat.”

+Then in Position 11, do 1 BR kick

**Keep hands in Pos. 11. (yellow)

--Movement isn’t goal. Form or technique is best.
--The BR arms should not “Pull” only sweep out, or sweep in
--The KICK drives motion.



*Use the Short Distance Stroke Work Cheat Sheet for more ideas and details

05

BR KICK REVIEW

On Deck or in the water:
Review BR Kick language:

-**Lift or Bend**

-**Flex**

-**Circle and Squeeze**

Bring Feet up to the hamstring.

Flex by turning toes out and up.

-Review Flex while standing, heel on floor

-Do BR Kick sitting on edge

06

BR DRILL

Choose a Drill from the other side.

-Noodle Scissors

-Noodle And See

-Launch a friend

-2 Kicks, 1 Pull

-Free Kick, BR arms

-FLY Kick, BR arms

-2 Distinct Events

-Kick against the wall

07

BR GAME

Sea Otter Swim:

-Get a toy, put it on your belly

-Can only do BR Kick on back

-Get from point A, to point B keeping toy balanced on belly, CANNOT touch.

--Knees should remain under water.

Pull Buoy Kick:

-Get 2 pull buoys each

-Hold one out in front position 11

-Other between knees

-BR kick to other side: keep buoy held in place

01

NOODLE SCISSORS

- Hold a foam noodle behind body, under armpits.
- Lean back, but LOOK AT FEET
- Legs remain straight
- Feet FLEX: toes curled up, toes pointed outside of body
- Legs move together, then apart
- repeat
- Do not bend the knees
- Virtually no motion, a little from each squeeze

02

NOODLE AND SEE

- Natural progression from “Noodle Scissors”
- Hold a foam noodle behind body, under armpits.
- Lean back, but LOOK AT FEET
- Do Breaststroke Kick
- Bend at waist so each kick can be watched
- Focus on foot position
- Worry less about full extension or motion
- Attempt a Bend, Flex, then Circle and Squeeze
- The “squeeze and the circle” make movement

03

LAUNCH A FRIEND

- Form partners
- 1 person goes in front of the other
- Person in front lays on belly, puts their feet in partner 2’s hands in FLEX BR kick position
- Partner 2 holds partner 1’s feet. Standing, back against a wall
- On count of 3, Launch partner by pushing inside of feet
- Partner 1 pushes against partner 2 hands to “launch forward
- Simulates BR kick motion.

04

2 KICKS 1 PULL

- 1 breaststroke arm cycle with a breath, then do 2 breaststroke kicks with the arms in position 11 or streamline .
- Get underwater on the 2 kicks.
- Get into position 11 or streamline while doing both kicks
- Get long, stretch body
- Arms and breath should be quick
- Kick primary mover
- Advanced drill
- Good for breath control
- Good for lengthening the stroke

05

FREE KICK, BR ARMS

- Do Breaststroke arms with Freestyle Kick
- Keep kick constant. Continue kicking through the breath
- increase speed of kick when breathing
- Focus on arms moving quickly: drill focuses on a fast recovery or a fast Reach
- Remember to look down: when not breathing get head down and push water with top of head
- *Modify for beginners:
- Do 10 Free kicks in position 11, then 1 breaststroke arm w/ a breath continuing FR kicks. (10 FR kicks between each arm)

06

FLY KICK BR ARMS

- Do 1 fly kick per breaststroke arm cycle.
- Press forward with the hips on the “Y” and the Eat
- Press hips UP, or back with the Reach
- Exaggerate the fly hip motion. Bigger amplitude versus frequency.
- Slower fly kick with larger hip movement

07

2 DISTINCT EVENTS

- Do this as a short distance activity following color coded arrows, or as short, 1 length swims.
- Do the arms with a breath by themselves. No kick
- Do the kick by itself in position 11 or in streamline.
- Swim this way. Make the arms a distinct event from the kick. They should look like 2 separate parts. Arms move alone, then the feet move alone.
- This drill is immensely useful teaching breaststroke timing.
- Once mastered say, “Begin BR kick on the eat.” “Kick and Reach at the same time.”
- Mastered? Flex at the “Eat”

08

BR KICK AGAINST WALL

- Stand upright with belly as close to wall as possible.
- Put arms on wall holding self up
- Press knees into the wall
- Press toes into wall
- Lift your feet to your legs,
- Flex your feet out
- “Kick” down, or behind you
- Keep knees pressed against wall
- Keep body as straight as possible through kick.

STATION 8 – TURNS

01

ON DECK BREATHING PRACTICE

On Deck

- Stand in soldier position
- Eyes and face forward with belly
- 10x Turn head to the right side, then back to front
- Only Head moves.
- Repeat to left side.

Goal is to practice Only turning the head to practice breathing to side.

02

GET IN AND GO

Sit and slide in water, do bobs, or something to get underwater, and immediately do down and back, or short distance FREESTYLE kick with a board.

- 5 bobs
- 2x25 FR
- 2x25 BACK

03

FLIPS IN THE SHALLOW

Do 5x Front Flips in shallow water.

Do 5x Back flips in shallow water. Focus on staying in a tiny ball: knees into chest

Do 5x Front Flip, toes of both feet should "paint" the wall like a paint brush down the wall.

Do 5x Front Flip, land feet on wall, Feet on wall, back straight + flat, head up

04

SWIM SHORT DISTANCE

Streamline from wall, do 3 strokes of FREE, then do 1 FLIP

*Focus on the flip

-Advanced? Do 1/2 flip and immediate kick backstroke back to start.

-3x SL + 5 strokes + 1 breath + Flip
*No stop before flip to breathe

05

WALL FLIPS AND STREAMLINE

Start Facing wall

-Flip first, then streamline on your back underwater.

- *Land on wall with Feet shoulder width apart
- *Knees should be bent like sitting in chair
- *Back should be flat, straight, like laying on back
- *Head should be straight, looking at Ceiling or surface
- *Hands above head
- From standing is only 3/4 of circle flip

06

50'S FREE AND BACK

Do a set of 50's or down and back swims.

- FREE:
- Focus on breathing every 3.
- Keep body long and straight
- Before flip, DO NOT STOP to breathe, do not lift head up!
- Flip, and immediately do streamline: No breath between the two.
- Faster into the flip, faster away from wall.

07

OPEN TURNS

See Reverse for details

-Start at the T mark, or ~1 yard away.

Do Each step 3x: (step by step progression)
-Jump and Position 11 to the wall
*Make sure grab wall w/ 2 hands.

-Jump to wall in Position 11, 2 h touch, then get on side, hands and face in position.

-Repeat above all steps, and do a streamline

08

BR AND FLY SWIM

Do 3x:

-Streamline w/ FLY kick, + 2 FLY strokes, no breath

-Streamline w/ NO KICK + 2 FLY strokes, no breath

-Streamline + FLY KICK + 2 strokes, must breathe on #2.

BR:
Do 1 length swim:

-Best for beginners:
Do arms w/ breath and Kick separately. Get LONG

01

FLIP TURN RACE

- 2 swimmers get on wall side by side.
- On Whistle, flip 1st then streamline.
- 1st to the flags, or 5 yards away is winner.
- Focus on Flipping straight over, close proximity forces better flips so not to hit other person or lane lines.
- Streamline straight (again, to avoid others)

02

FLIP AND THREAD NEEDLE

- Hold a Hula Hoop near surface or just under it a little farther than the T mark, or 2 yards.
- Without goggles, or with eyes closed
- Flip first, then streamline underwater on back.
- Goal is to SL through the hula hoop without using eyes

03

HIT THE TARGET

- Start at the Flags, or 5 yards from wall.
- Swim FREE as fast as possible to wall
- Flip, and throw feet at wall.
- If you have a + on the wall, then aim for just to the side of middle along horizontal line.
- No target, hold a kickboard on wall underwater against wall as the "Target"
- Hit the target with the feet, keep back flat and straight away.

04

STREAMLINE SIDE

- Have 2 swimmers stand close together near the T mark.
- Swimmer must streamline on their SIDE through the two standing swimmers. Stand close enough to get through, but make on stomach or back SL uncomfortable.

05

DO THEM ALL SWIM

- To practice Bilateral breathing (both sides)
- Go back in time and only teach breathe every 3
- Joking, but not really.
- Do 1 length:
- Breathe every stroke, both arms.
- Breathe every 2 strokes (same side)
- Breathe every 3 strokes (bilateral goal)
- Breathe every 4 strokes (either side)
- Breathe every 5 strokes (bilateral)
- *By doing all short distances, realize that 3 is best.

06

BACK FLIPPING FREE

- Do 25s of this:
- Swim 5 strokes BACKSTROKE
- Turn on stomach and do Forward Flip
- Immediately flatten out and do 5 strokes FR
- Turn over and do 5 strokes BACKSTROKE... continue
- Long axis rotation drill, and Flipping drill
- Should flip IMMEDIATELY w/o pause once on stomach.

07

OPEN TURNS

- Position 11 To the wall
- Get on your side, 1 hand on wall, knees sideways, other hand pointing to other wall, arm holding wall straight.
- Look at the wall turning at, chin on shoulder
- Karate Chop yourself in head with hand holding wall
- Fall down underwater
- Get in streamline on your SIDE
- Push off on side, grown into streamline

08

OPEN TURN HELP

- When teaching focus on each step
- Go Slowly
- 2 hand touches, at the same time
- "elbow the person behind you" to drive hand from wall
- "Katate chop yourself in the head" with hand that was holding wall. Hit right in face, head turns down after underwater.
- Keep spine as straight as possible
- Don't look at sides, or to left or right when doing turn.
- Look at wall, Look at sky, surface, then bottom of pool.

01

MONKEY, AIRPLANE SOLDIER

Stand on deck in “soldier”

Monkey: Hands in armpits

Airplane: Hands straight horizontal

Soldier: Hands at hips

Do this 10 times on the deck

Do this 10 Times in the water doing a BACKFLOAT Long Glide after Airplane > Soldier

02

ON DECK: BREASTSTROKE KICK

Lay on ground flat on belly
-Use kickboard or mat

Practice Breaststroke Kick

Feet come Up to suit

-Flex Feet outwards

-Make a Circle with feet

-Push to extension

03

KICKBOARD BREASTSTROKE KICK

Lay in water on back

Hold Kickboard over belly and top of legs (above knees)

-Do BR kick holding board at surface

-Avoid lifting the board with knees

-Feet should go DOWN

04

SEA OTTER SWIM

Lay in water on back

-Hold a toy on belly

-Do BR kick to other side, or specific # of kicks.

-Goal to go as far as possible w/o toy falling, and with fewest kicks.

05

FREE KICK E. BACKSTROKE ARMS

Do a 25 of Elementary Backstroke with Freestyle Kicks

Goal is to balance on surface, body flat

Do arms SLOWLY

Strong down push from: Airplane --> Soldier

Do 5 FR kicks while in Soldier Repeat

06

STITCH YOURSELF TOGETHER

E. Backstroke Swim Drill

- Play pretend:

-Get your needle and thread
-Push the needle through your palms, tie it off

-Bring needle to same side heel, push into foot.

-Tie off the thread
When Hand moves, that foot connected to it moves.

-Swim “stitched” together
-Arms and Legs move together

07

4 STROKE RACE

E. Backstroke Drill

Contest:
Whoever can get the farthest in 4 strokes

-Streamline First

-Do 4 strokes of E. Backstroke

-Goals:

--Long Glides

--Strong Push

--Strong Kick

--Legs and Arms move together

08

E. BACKSTROKE NOTES

Mostly a GLIDE

Arms do little other than a short catch and pull, and a push with other hand.

Power comes from Kick

1 foot forward, other foot back

Scissors Kick: because legs on same horizontal plane

Face stays out of water

01

ON DECK: KNEE LIFTS

Stand on deck in “soldier”

Lift one leg in front of you, knee up first

Kick Down to floor, pushing foot away from body as you swing down “Heel kick down”

Switch feet.

02

ON DECK: BACK LEG PUSHES

Stand on Deck in “Soldier”

Lift one leg behind you
-Keep body straight

Extend Leg Away from your belly

Bring Leg forward to ground

Push with the TOP of foot

Switch

03

PICKAN APPLE PUT IT IN BASKET

Stand on Deck:

Start with Elbows up, even with shoulders, hands in front of chest

Bend elbows so arms out in Airplane
-”Pick an Apple from the trees”

Return to start position
-”Put it in the basket”

04

COMBINED DECK

Stand on Deck:

Start in “Soldier”

On “Reach” - 1 hand over head, other hand to hips

On “Reach” - 1 leg up in front, Knee lift

On “Stroke” - Hands return to center body
-Leg “Kicks with heel” down

05

DEEP END VERTICAL KICKS

Tread water in deep end, or near wall

Arms balance and keep at surface

Practice Sidestroke Kick by using it to stay at surface

Lots of Strong UPs and falling downs. Kick = strong

1 foot forward Push w/ Heel
1 foot behind Push w/ top

06

STITCH YOURSELF TOGETHER

Sidestroke Swim Drill

- Play pretend:

-Get your needle and thread
-Push the needle through your palm, tie it off
-Bring needle to same side knee, push into knee.
-Tie off the thread

When Hand moves, that knee connected to it moves.

-Swim “stitched” together

07

3 KICK UP, 3 KICK BACK

Sidestroke Kick Drill

While swimming, top leg changes:

-Regular swim, top knee goes forward of body with each kick

-Inverse Kick (Lifeguarding) top knee will push BACK, and bottom leg will go forward (to not kick G.I.D.)

-Do 25 swim: 3 Kicks regular, 3 Kicks inverse

08

SIDESTROKE NOTES

Mostly a GLIDE

Arms do little other than a short catch and pull, and a push with other hand.

Power comes from Kick

1 foot forward, other foot back

Scissors Kick: because legs on same horizontal plane

Face stays out of water