



Establish habit

Build a streamline habit.

Hold streamline off every wall at least past the flags.

If you forget, do it on the next length.

Create muscle memory



Long extension

Streamlining reinforces where you should be starting your stroke from.

Begin Freestyle arms at the furthest extension of your body possible: arms directly above your shoulder.

Maximize your pull with long reach



Improves your body

Streamlining is important for lap swimmers.

Holding SL will build flexibility in your arms, back, shoulders, and core; all crucial components to an effective swim.

Avoid injury by lengthening your body each time you push off the wall.



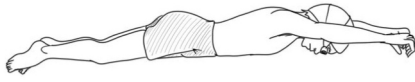
3 easy steps

Do the following for a great streamline:

- Lock your thumb (hand over hand)
- Squeeze behind your ears with your elbows.
- Aim your face down at bottom

#2: Freestyle Arms

Progression:

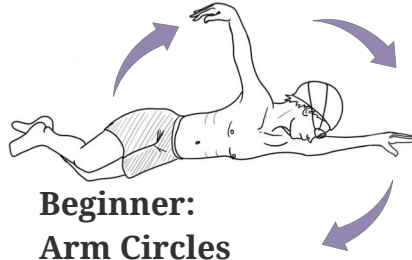


Begin and finish each stroke in position 11.

Swim one arm at a time, catch up stroke. Pause in 11.

Body should remain at surface and head aim directly down.

Advanced: Flow through Position 11 as target; no pause.

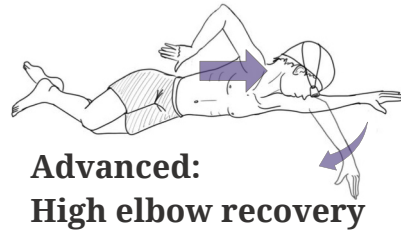


**Beginner:
Arm Circles**

Focus on large arm motions, circles, reaching, over water.

Avoid correcting hand position or a "pretty recovery."

Main goal is push water back, recover above the water.



**Advanced:
High elbow recovery**

Vertical forearm pull, or front quadrant swimming.

Recover with elbow higher than hand. Hand travels forward near water surface.

Swing hand wide away from hip.

Breathing:



Practice head motion; standing, controlled

Standing, turn head over one shoulder, then forward. Repeat.

Look down with only face in water, turn to side. Breathe

Easier while standing or kneeling with back at surface.

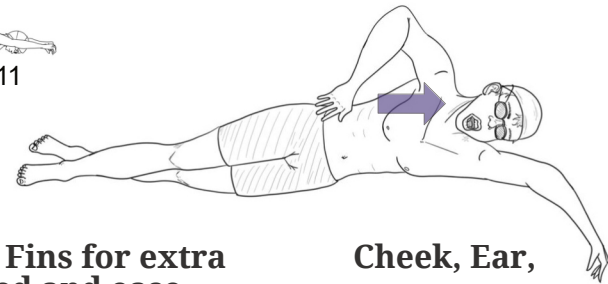


Comfort, repetition, glide, swim, breath

Avoid head lifting up out of water. Keep body flat!

Kick in position 11, do a single arm stroke. Return to position 11 and kick.

Introduce a breath during the arm stroke when ready.



Use Fins for extra speed and ease

Fins help provide extra propulsion and will make staying at the surface easier.

Not necessary to do a strong kick. Simply keep legs moving.

Kick in 11, take an arm stroke and a breath.

Cheek, Ear, Lips, Eye

Keep half your face in the water when you breathe.

Aim face DOWN when not breathing.

Think of twisting, not lifting. If you lift your feet will sink.



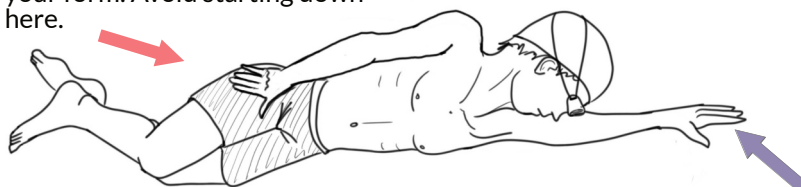
Common Mistakes

1. Head lifted. Lower face so the crown pushes the water, not your face.

2. Worrying about "Pretty" freestyle arms. Straight arm okay, high elbow better. Avoid flourishing as you enter the water.

3. Not kicking. The feet don't need to be fast, but they DO need to move. When you remember they're not moving, start them.

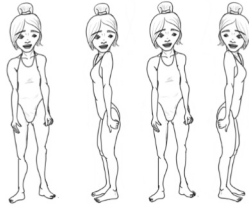
Starting stroke from hips hurts your form. Avoid starting down here.



Start the arm stroke from here.

#3: Refining Freestyle

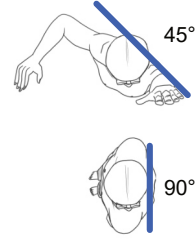
Rotation:



Rotate the hips, and the shoulders will follow.

Freestyle is considered a Long Axis drill; your body rotates along your spinal axis, or your spine.

Focus on the hips.



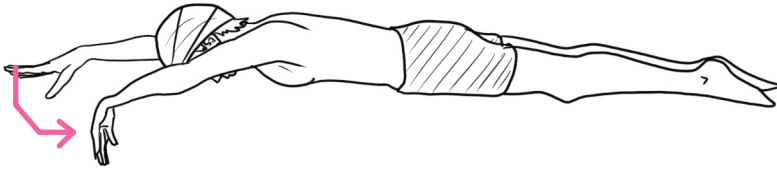
Exaggerate the angle drilling, roll subtly when swimming.

Doing drills at 90° to the surface of the water will over-exaggerate the rotation during swimming.

Hip angle to the surface during freestyle should not exceed 45°.

Drill more than 45° to get in the habit of using the hips to anchor the stroke and maximize your swimming strength.

Underwater Pull:

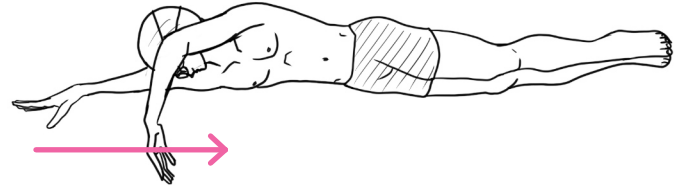


Palm down. Anchor. Pull

Coupled with a good hip rotation, anchoring the hand and forearm in front of the shoulders creates good "front quadrant swimming."

Emphasize the hook at the top after position 11, like pulling up over a ledge, and rotate through the arm pull.

As the hands get to the hips swing out.



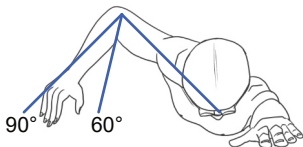
Hand and forearm down. Pull with a high elbow.

Use multiple drills like "Zombie position 11," 1 arm only, Ready Catch Pause, and others to reinforce this anchored arm stroke.

Begin pulling and pushing against the water immediately after the hand enters it in position 11.

Full extension and reach, then immediate pull engaging the forearms and the pectoral muscles.

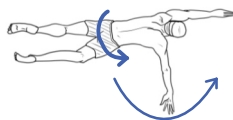
Recovery and reaching:



Swing wide; no zips.

Throw the hand wide like a compass between 60 and 90 with the elbow as the hinge.

Avoid zippering next to the torso as it hyper-extends the shoulder.

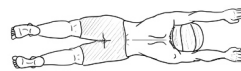


Rotate and toss

Finish the stroke in 11.

Rotate the hips with the swinging arm.

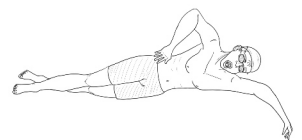
Arm recovers over the water wide returning to position 11 as the hips rotate down with that arm.



Reach to 11.

Beginners:
Finish in a distinctly clear position 11 with both arms before next stroke.

Advanced:
Start next arm pull just before recovering arm gets to 11.



Quick breath.

Sneak in a quick breath as the arm pulls back.

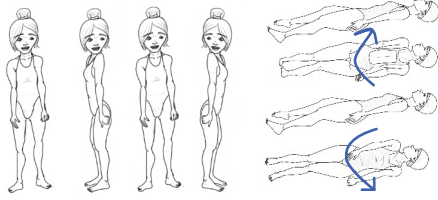
Breath should be complete by the time arm swings back into position 11.

Common Mistake: Late breath. Start on pull to fix.

#4: Refining Freestyle

Progressive drills and some challenges to make your stroke better:

HLBw/R:



Head Lead Balance with rotation.

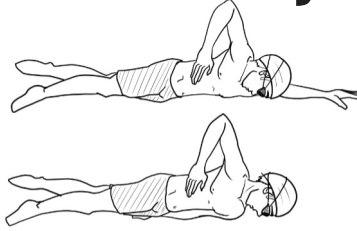
This is a drill to work on the body rotating.

The head remains still either looking at the bottom or at the ceiling.

Rotate everything but the head to 90° of the surface, then rotate the other way. The belly button will aim at both walls.

Drive the rotation from the hips. Avoid talking about the shoulders. If the hips rotate, the shoulders do too.

One Arm Only:



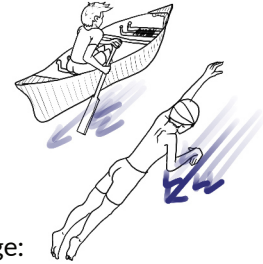
Combine HLBw/R with a single arm swimming freestyle.

This is a kicking and rotation drill as much as HLBw/R and simply adds a single arm moving.

The arm moves with the hips. As the hips rotate down, the same side arm extends to position 11.

As the arm pulls, rotate the hips so that when the arm recovers the same side hip is above the water.

Swim Flat Canoe



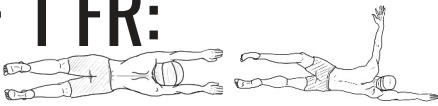
Challenge:

Swim freestyle as flat as you can. Be like a canoe paddling your arms.

This is the **WRONG** way to swim, but in doing something obviously incorrect we can learn how to do it well.

Keep your back flat and swim a 25 moving your arms without letting the hips roll or rotate along the spine.

Position 11+ 5 K + 1 FR:

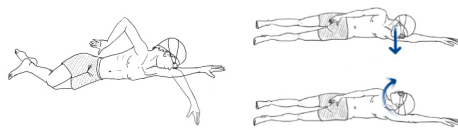


Kick in position 11 for 5 freestyle kicks and then continue kicking and do a single freestyle arm stroke.

Repeat for whatever distance you'd like. Can be done as a 3 x SL, and as 25's.

Focus on the arm that isn't doing the stroke to remain in Position 11. Strong Kick required.

3 FREE + 18 K

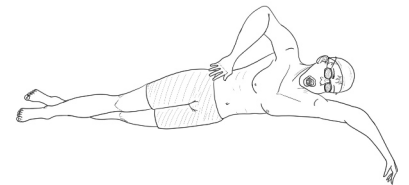


Swim 3 strokes of freestyle, then get on your side, laying on your arm with your nose inside your stinky armpit, looking down.

Kick on your side for 18 flutter kicks.

Breathe by rotating the head. Repeat.

Olympic Swim:

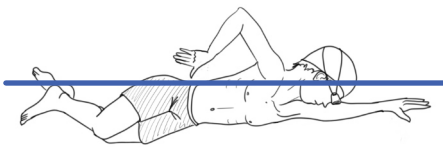


Swim your regular freestyle with Extra slow speed.

Move the arms slowly, glide, have a strong kick.

Flow through the water with the effortless grace of an Olympic swimmer.

Fingertip Drag:

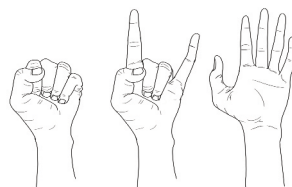


This drill is to help work on a high elbow.

When the hand recovers, or goes over the water drag the fingertips, or **JUST THE NAILS** over the top of the water.

Tickle fingers over the water surface while reaching up to position 11.

Fists, & 0,2,5



Fists Drill and 0, 2, 5 Drill:

These drills focus on the arm pull motion and how the vertical forearm aiming down pulls water.

Focus on long arm extensions and feeling the press of water against the wrists.

Breath Every 3:

Once you get comfortable breathing to a Side begin breathing to the other.

Don't be afraid to try something new and do The uncomfortable.

It's important to have a balanced stroke And when you're doing laps, breathing Every three strokes is the best way to Balance out your swimming.

If you favor one side your body will banana, Curving and slowing your swim.



Script:

- Lock your thumb
- Squeeze your ears
- Look down

Build a streamline habit.

Repeat this script every day, and if possible every attempt.

Enforce even small mistakes with feedback and correction.

Aim for mastery in each of the three things for streamline.

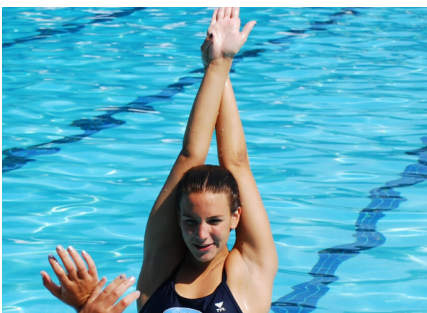


Lock your thumb

Wrap your top hand's thumb around the outside of your bottom hand.

Ensure a strong squeeze to prevent hand from slipping off.

Especially good for diving. We lock the thumb to avoid slippage and make squeezing ears easier.



Squeeze your ears

Press into your top hand's thumb as you flex your arms to squeeze your ears with your elbows just behind the head.

Arms go over the ear and back of head.

Avoid "squeezing your eyes" with elbows. Further back is better.



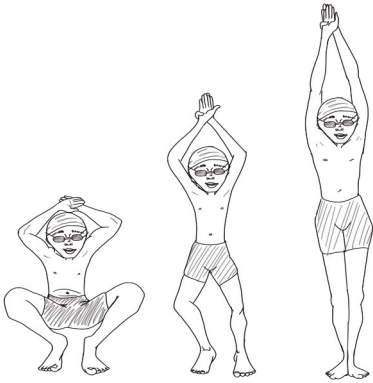
Look Down

Keep your spine in line and flat by flexing your back and stomach. Stretch.

Point face perpendicular to the bottom, or surface.

Face aims same direction as belly button.

Streamline Progressions

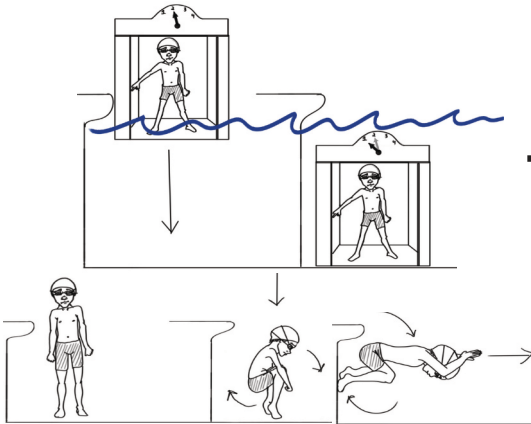


Sprout Squats

Squat down keeping your back straight with hands on your head like a "little sprout" plant.

Stand up and "grow" into a streamline as you extend your legs keeping your back and head straight.

Do 5 x squat like a little sprout grow into a streamline.

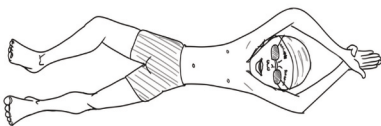


Take the Elevator Down

Do this activity to avoid the push off the surface then a long "U" shaped SL.

Jump off the bottom and fall down to the bottom of the pool.

Do it again, but this time after touching bottom with butt, rotate forward so you're looking down and plant 2 feet on the wall. Add arms to the head, and eventually grow into a streamline.



1/2 Streamline on the surface

Have swimmers start on the surface of the water face down.

Put hands in the "sprout" position on top of the head with elbows flaring to the sides.

Be far enough away from the wall that knees are only slightly bent under body.

Push off with a 1/2 push extending into SL

Be a broken record. "Streamline, Streamline, Streamline." Build the habit.

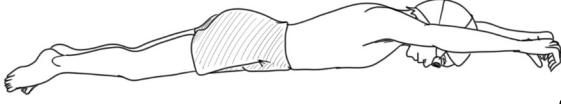
Repetition

Reinforce it at every opportunity focusing on one of the three things to have a good one. Inject the word into your vocabulary and focus on it first all the time. Address most of your feedback on the quality of the SL.

Position 11

Script:

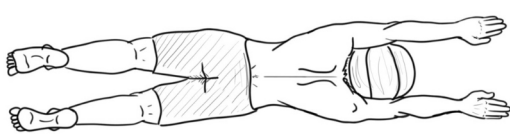
- Keep your arms straight.
- Stay at the surface
- Look down



Every stroke goes through position 11: Fly, Back, Breast, Free. All travel through this arm position.

Establish a feeling for the arm location by doing this drill with different kicks for short to long distances.

Many drills begin and utilize 11.



Keep your arms straight

We call it position 11 because the arms look like two "1's."

Keep the whole arm straight. Biceps aim in, palms aim down.

Avoid doggy paddle when breathing.

Squeeze head with arms.



Stay at the surface

Remain at the surface even when breathing.

Requires a constant kick.

Typical to sink when breathing.

Most breaths will be lifting head up, staying in 11.

Difficult to remain at surface.



Look Down

When not breathing face should be aimed straight down, or perpendicular to the bottom.

Straight body, straight line makes it easier to move through water.

Position 11: Make it easier



Script:

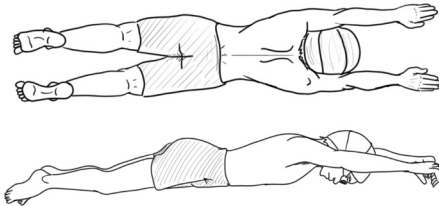
- Keep body straight
- Make it a quick breath
- Kick faster when you breathe

Typical pain points:

- Doggie paddle to breathe
- Slow kick
- "U" shaped body
- Head lifted when not breathing.

Review these three things to make position 11 and swimming better.

Will address most struggles.

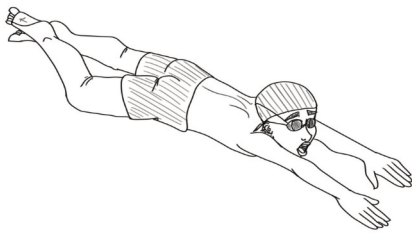


Keep your body straight

Body should remain as straight as possible.

Squeeze belly to spine, or in, support lower back by tilting hips forward a little.

Align head, shoulders, hips and feet to provide a flat, forward line attempting to be like a streamline.



Make it a quick breath

Lift head straight up to take a quick breathe.

Immediately return head to neutral or down position re-balancing body to keep it straight and at the surface.

Most issues arise from long breaths, holding breath, or panting.



Kick faster when you breathe

Lifting the head makes the body sink. Combat this by kicking faster and harder.

Difficult to do. Recommend doing drill shorter distance with beginners.

Supported Front Glides



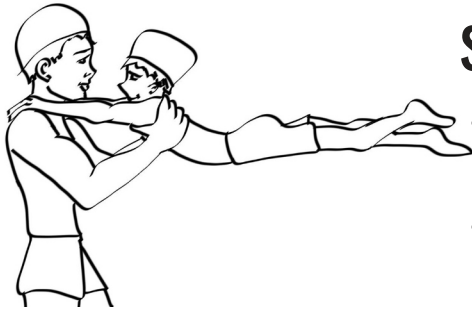
Script:

- Put your shoulders in the water
- Reach in front of you at the surface
- Put your [face] in the water
- Push off to/with me

Begin glides with face as close to water as possible, arms reaching forward towards instructor.

Put your, "chin, lips, nose, eyes, face" in water to swimmer's level of comfort.

Have swimmer put hands on shoulders, hand, or initiate alone.



Hands on shoulders

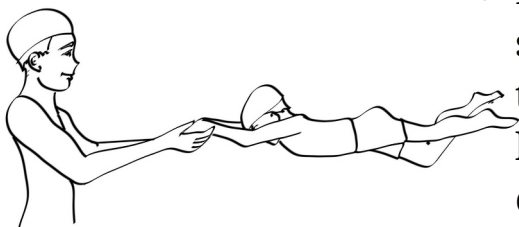
- Instructor starts near swimmer.
- Instructor stands *just* out of reach, swimmer must reach for support.

Stand immediately in front of swimmer, within arm reach.

Replace "reach in front of you" to "put your hands on my shoulders."

Support hips or belly to keep at the surface.

Swimmer straight arms. Encourage face in water. Encourage constant kick.



Hands on Hands

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

Start immediately in front of swimmer *just* outside of arm's reach.

Instructor holds out hand, palm up, with shoulders in the water.

Use script to encourage a horizontal glides, jump, to instructor's hand.

If comfortable, back up and allow a short glide before grasping hand.



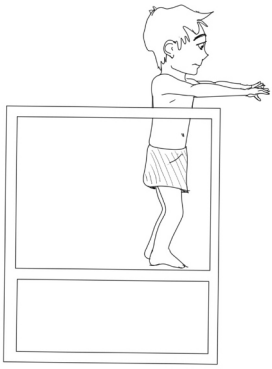
Hands on fingertips

- Instructor puts fingertips under swimmer's "streamlined" hands.

Support is largely mental. Fingertips are a reminder of instructor support; trust.

Instructor is there but not actively lifting or holding swimmer at the surface.

Unsupported Front Glides



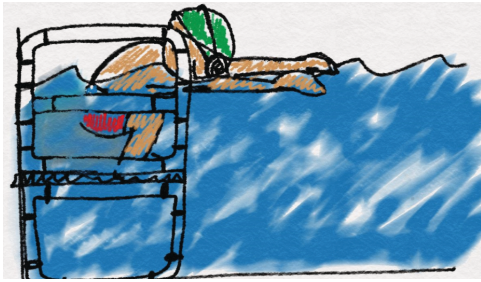
Script:

- Put your shoulders in the water
- Reach in front of you at the surface
- Put your [face] in the water
- Push off to/with me

Begin glides with face as close to water as possible, arms reaching forward towards instructor.

Initiate glide with face in water. Push off along the surface plane, as horizontal as possible. Avoid up and down leaps.

Instructor remains in place until swimmer reaches them.



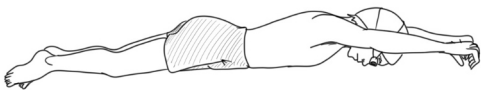
Start low, push off on surface

Focus on pushing off horizontally.

Avoid jumping up to start glide. Will result in immediate sinking.

Maximize glide by staying low to surface with shoulders, face, and arms outstretched.

Smooth glide best over fast or far.

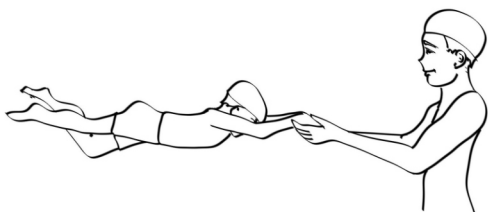


Focus on face down and body straight

Aim your face to the bottom.

Encourage position 11 or streamline while kicking to cross distance.

Establish a flat body line where hips, feet, head, and shoulders all remain near or at the surface throughout.

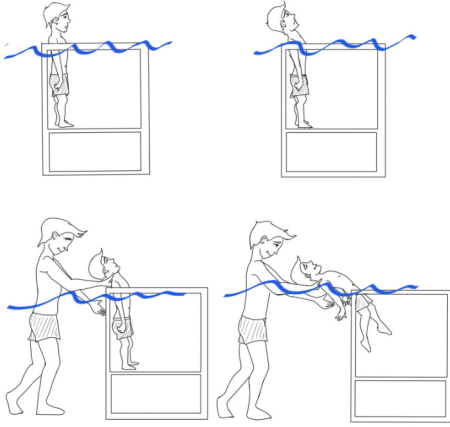


Help if swimmer struggles or comes out of glide

Provide support immediately if swimmer lifts head up or begins to doggy paddle out of fear or need to breathe.

Build trust by providing support and remaining close. Avoid letting swimmer struggle.

Supported Back Glides

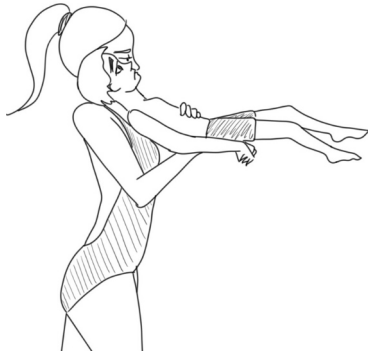


Script:

- Stand up straight
- Turn around
- Put your shoulders in the water
- Tilt your head back
- Push off with me

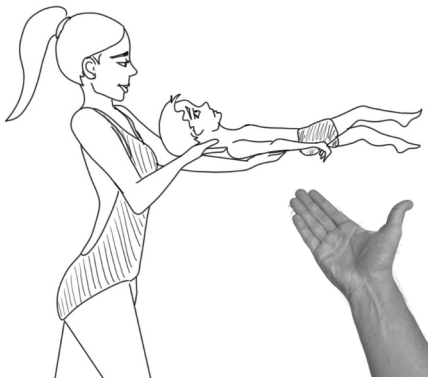
Goals:

1. Straight, flat body at the surface. Ears in the water. Head
2. mostly perpendicular to the surface. Chin slightly tucked looking over toes.
3. Horizontal push at start; no jump up. "Tilt head back" ensures smooth flat initial movement.



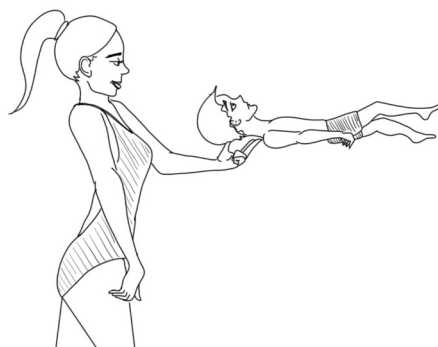
Head on Shoulder

- Stand immediately behind the 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

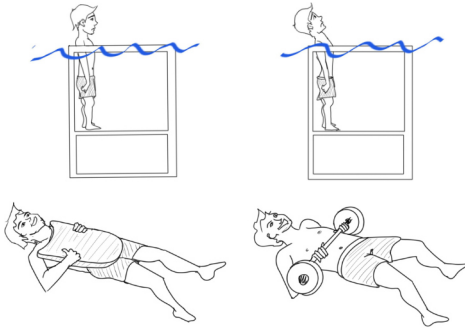
- Stand immediately behind swimmer about arms length away
- Swimmer tilts head back on to your upraised palm. Hold head firmly
- Force swimmer to use their own body to keep at surface, other hand can help



Neck on fingertips

- Instructor 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 or light touches.

Unsupported Back Glides

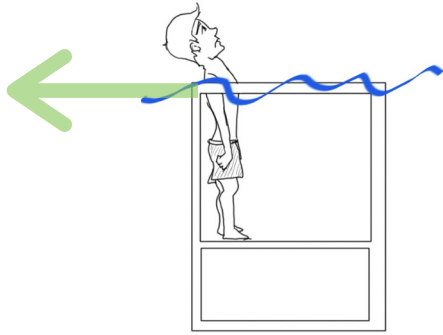


Script:

- Stand up straight
- Turn around
- Put your shoulders in the water
- Tilt your head back
- Push off to me

Goals:

1. Straight, flat body at the surface. Ears in the water. Head
2. mostly perpendicular to the surface. Chin slightly tucked looking over toes.
3. Horizontal push at start; no jump up. "Tilt head back" ensures smooth flat initial movement.

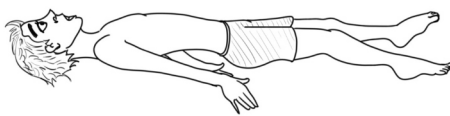


Start low. Push off on surface

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

This minimizes the depth that they travel and avoid the face falling under.

We want to focus on the glide and the sensation of horizontal motion, not a scary jump and fall under.



Enforce good 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. Ears in water, kick to keep legs at surface.

Encourage soldier position for beginners over streamline.



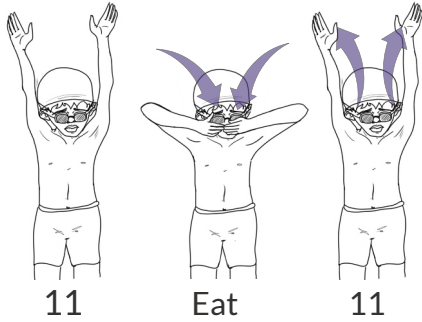
Help if they struggle

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, help.

Breaststroke Arms



11

Eat

11

Script:

- 11
- Eat / Eat and Breathe
- 11



Eat & Breathe

Goals:

1. Long reaching arms extending in front of the body above the shoulders.
2. Quick push directly to the face, keeping elbows high.
3. Return to 11 without embellishment reaching forward and placing face back in the water.

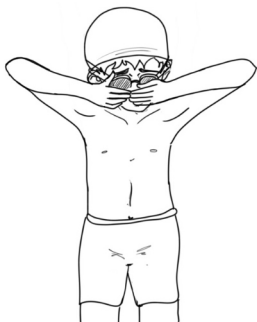


Position 11

Body should be flat, still, and neutral. Aim face at the bottom of the pool.

Arms Extend forward pressing against the ears and framing the head.

Palms lay flat on the surface of the water. Stretch forward.



Eat, Return to 11

Sweep the hands down, or in, towards the face. Scoop water down and in like attempting to throw water into the mouth.

Elbows remain bent and upraised.

Avoid chicken wing flapping elbows.

Return to position 11 shooting up.



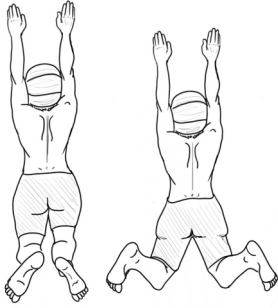
*Eat and Breathe

Add after "eat" is mastered.

As the hands scoop into the "eat" position, lift the head out of the water to take a breath.

When the hands extend to 11, return face underwater.

Breaststroke Kick

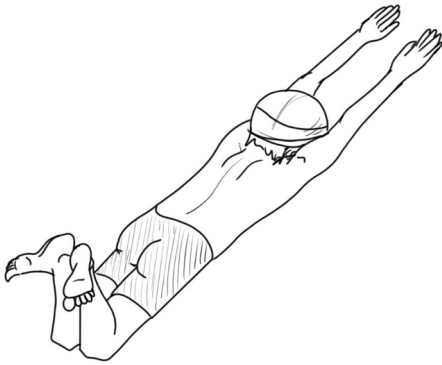


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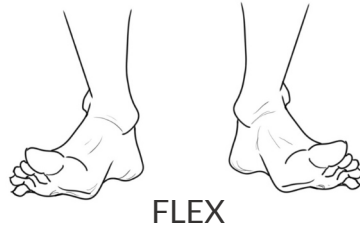
- Lift
- Flex
- Circle
- Squeeze

Goals:

1. Toes flaring out while the feet press backwards and push with the inside of the foot.
2. No flutter kick motion, or fly kick press with top of foot. Kick
3. is strong, powerful, and intense with a forceful push. Knees
4. remain close together.



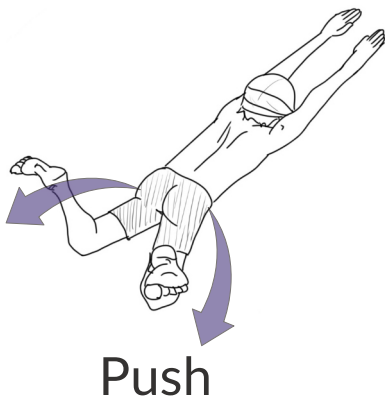
Lift and Flex



Feet rise up with the knees bending.

Avoid letting the knees and thighs pressing down, or under the hips. Small collapse down okay, but not knees in front of body.

Heels rise, and toes flare outwards from each other, "flexing."

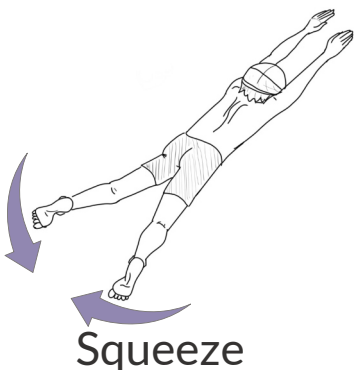


Circle

Press backwards while whipping the feet around in a circular motion. Each foot moves in semi-circular movement.

Toes should be pressed out, away from each other as the water resists the force of swimmer's kick.

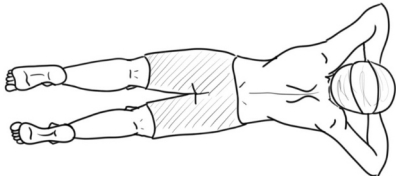
Snap feet back flexing thighs and calves pushing back.



Squeeze

While doing the push and circle motion also begin squeezing the feet together after hitting the apex of each foot's semi-circle.

Squeeze heels, feet, and knees together so that legs are straight at the end of the kick.



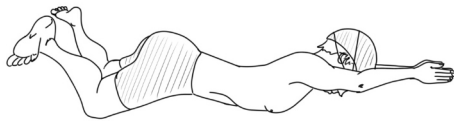
Eat & Breathe

FR Kick with BR Arms

Also known as Position 11 where you do "Eat" to breathe.

Continue kicks during the breath and arm motion. Many will falter.

Arms should be quick and just strong enough to lift the head up then shoot back forward again returning to position 11.



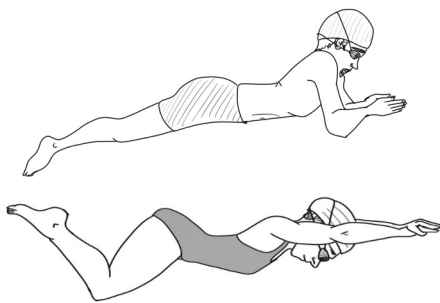
2 Kicks with 1 Arm pull

Feet rise up with the knees bending.

Avoid letting the knees and thighs pressing down, or under the hips. Small collapse down okay, but not knees in front of body.



Heels rise, and toes flare outwards from each other, "flexing."



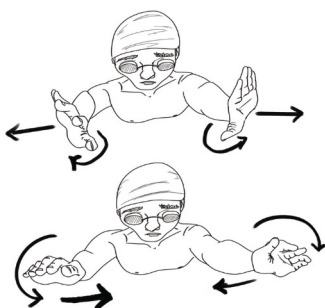
Fly Kick with BR Arms

Do one fly kick with every breaststroke arm cycle.

As you take a breath with "eat" drive your hips forward.

Keep legs together doing fly kick.

As you shoot back into position 11 undulate your hips up in a fly kick.



Sculling

Learn how to "turn the corner" by scooping water quickly with the hands.

When breaststroke improves transition with a quick scull from 11 into "eat." The scull will pull the body forward through the water.

Breaststroke Progressions



3 x SL + FLEX

3 x SL + Lift and Flex

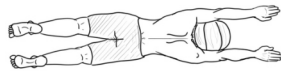
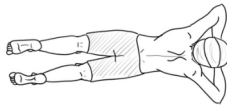
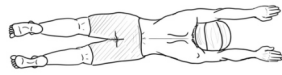
Streamline with nothing, no kick.

For SL + FLEX:

While underwater hold SL and turn feet into "flex" position

For SL + Lift and Flex:

Hold streamline with no kick until you get to the surface. At surface, bend the knee so feet rise, and turn toes out into "flex" position. Hold.



**3 x SL +
2x (11, Eat, 11)**

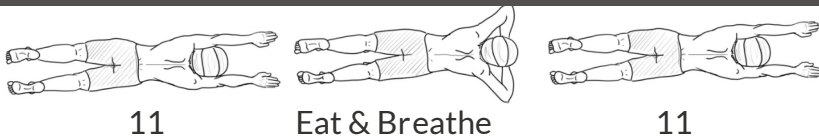
Streamline with no kick. Hold streamline until you get to the surface.

At the surface, move into position 11, pause for a heartbeat.

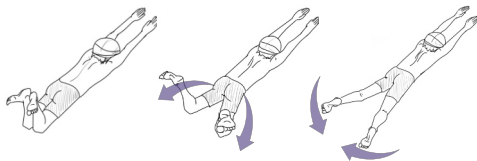
Move to "Eat". Return to 11 without flare or embellishment.

Do the motion not the "swim."

Demonstrate the choreography.



**3 x SL + 1x(11, Eat &
Breathe, 11)**



**+ 1 BR Kick in Position
11 + Glide**

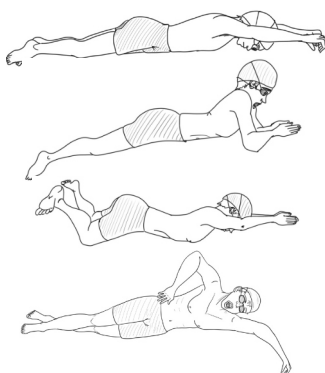
Break up the swim into three distinct stages.

Stage 1: Arms with a breath.

Stage 2: Kick in position 11.

Stage 3: Glide.

Streamline with no kick. At the surface do the arms by themselves. Return to 11. Kick, and glide.



**4 x 25: 2 BR + FR the
rest of the 25.**

Most swimmers struggle with breaststroke because they want to go fast. This often leads to sloppy and illegal kicks and bad habits.

Do 2 strokes of BR immediately after the streamline to remove this anxiety about going fast enough.

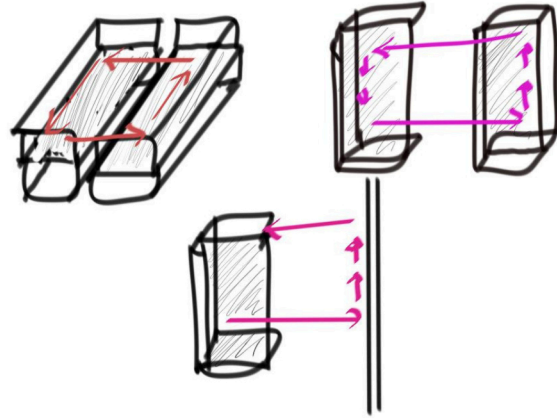
Activity, Activity, Game

Activities to do:

- 3 x Walk in a square with benches touching face to face.
- 3 x walk in a square with benches 1' apart. Must go underwater when crossing the gap.
- 3 x aim face of b. at wall. Go from b to wall, monkey walk along wall and back to b.
- 2 x each Supported front glides with INS Throw a toy and get it together.
- 2 x supported back float; sing song. Give choice: twinkle, twinkle, or row row row boat. Jumps from side with instructor; ask if want to go under; honor choice. Smile, have fun. Do often. Earns trust.
- Visit deep end. Have them walk on deck. Do jumps and supported glides; exposure -> trust.

Games:

- Hold 5 toes above the water for 3 seconds. Do it again with 10 toes if you can! (allowed to hold for support)
- With mouth and nose in the water, spin around 2 times blowing bubbles.
- Put 1 nostril and 1 eyeball and 1 ear in the water all at the same time for 3 seconds.
- Do a supported back float with only 2 INS fingers to hold you up.
- Splash yourself so the top of your head gets wet.
- Jump so your feet leave the ground!



Use benches, or shallow water with cones marked at corners of square. Start with benches touching, and over time move them apart.

Benches and shallow water are crucial to success.

Focus on getting comfortable moving in water, and generate trust and comfort getting wet and going underwater b2b = bench to bench

Language:

Do jumps, before turn, ask "Do you want to go underwater?" honor answer

- Speak in commands, statements. Avoid questions.

"We're backing a cake! Put your lips in the water; blow!" not, "do you want to bake a cake?"

- Create fantasy, live it, play.

INS tips:

Earn trust through honesty; through example.

- Play the long game; no rush to get kids in NOW. Play, have fun, win them over.
- Keep them moving! stimulate and distract with activities and games or songs.
- Let them do things alone, even if they are slow at it.
- Smile! Laugh! Have fun!

Go underwater unassisted

Supported front float with face in water

Supported back float with ears in water

Go underwater, then stand up on own

Level 1 testable skills; Earn trust, Encourage under

Level 1: General Sample

Motion, movement and trust. Let explore, move on own, and be helpful; earn trust -> bravery for skills.

Activity 1:

- 3 x walk in a square with benches face to face, touching.
- Must touch every corner
 - When crossing benches must say a food they eat
 - Keep moving.

Activity 2:

- 3 x walk in square, benches same.
- At every corner must "kiss" water.
 - When crossing benches must put chin in the water, or nose.

Game 1:

- Bake a Cake/Pizza
- Hold hula hoop, ask what everyone wants to put in it.
 - Mix all ingredients with arms - Put in oven under bench
 - Do jumps, come back and eat.

Activity 3:

- Aim 1 bench at wall, about 1' away. Stand on bench corner, and reach to wall by self
Give small boost.
- Close enough so 3 yo. can fall and grab wall w/toes on bench. - Monkey walk to end of bench, return to b. with help.

Activity 4:

- Move the bench 2 body lengths away from wall. Facing it.
- 3 x Supported front glides with INS or with float (board/barbell) from b. to the wall.
- at wall, let go, monkey walk
 - Supported back glide back to b.

Game 2:

- 3 x jumps from the side.
- Ask: "Do you want to go underwater?" Adhere to response; keeping head above if answer is "no."
 - Have swimmer hold your fingers, then hold their hand; use their grip to help keep them up.

Activity 5:

- 2 x Supported back glides with instructor.
- Sing a song while doing float/glide.
 - Give swimmer choice of song between two options. Twinkle, Twinkle, or Row, Row Boat, or Old Man Snoring.

Activity 6:

- Give everyone a floating toy and a sinking toy.
- Put cheek on the floating toy while it floats.
 - Put nose on floating toy, and try to push under.
 - Get sinking toy with feet.
 - Get sinking toy with hands.

Game 3:

- Buckethead/Bucketshoulder
- Ask each what they want, "buckethead or shoulder?" Pour water on shoulder or back of head based on response.
 - Tell them what you want, and have them do to you; required to say, "Buckethead: when pouring.

Level 2 General Guide

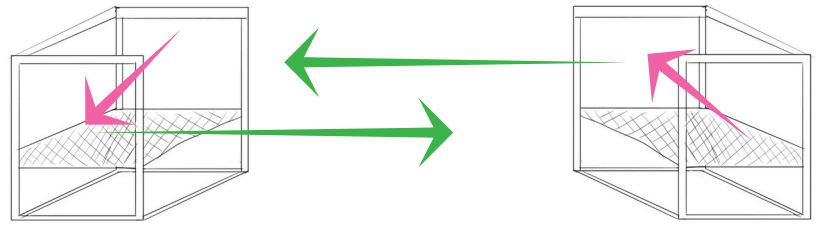
Lesson formula:
Activity, Activity, Challenge

Activities to do:

- 3x Walk in a square with benches touching face to face.
- 3x walk in a square with benches 1' apart. Must go underwater when crossing the gap.
- 6x total, front glide from b2b.
- 6x total, front glide 1/2 way and swim front crawl other 1/2. b 4'-5' apart.
- 6x do back glide from b2b
- "Turn around, shoulders in, tilt head back, push off gentle" - INS help when they get to 2nd b. 6x
- total b2b, kick across 3' gap with kick boards. Basic hold and advanced hold. Practice arm
- circles standing, w/board, on deck; big motions better than pretty.

Challenges:

- Go underwater and lay on your side, staying under like you're sleeping for 3 seconds.
- Lay on your back, the flip to stomach. Hold each for 2 seconds. Flip again to your back.
- Hold 10 toes above the water for 5 seconds without holding anything.
- Push off the wall/bench and get to INS or other bench with only 5 kicks.
- Jump off bottom and get belly button over the surface at least 2 times.



Use benches or tot-decks to swim back and forth short distances. A profound shallow end (about 1'-2' deep) is best.

Use rotation method, and encourage participants to constantly move. Multiple repetitions of the same thing is best with constant feedback. Start with benches close, and move them farther and farther apart based on ability and comfort.

b2b = bench to bench

Language:

- Go 6 times total; one for each time across the bench.
 - Start with face in the water
- Shoulders in, arms in front,
- face in the water.
 - Avoid jumping UP, instead push forward towards other bench. Horizontal motion.
 - Streamline first, then do arms the rest of the way. Keep moving, don't wait for me to tell you when to go.

INS tips:

- Give feedback every attempt. say *something* to improve.
- Goal is comfortable glides; focus on head position and long stretching limbs.
 - Keep them moving! Repetition is your friend
 - Start close, and get farther.
 - Be loud, fun, talk a lot!

Streamline 3 body lengths on both front and back (back can be in soldier)

Streamline and then front crawl arms for 5 body lengths (total).

Streamline and then back crawl arms for 5 body lengths

Introduced to fly kick

Level 2 testable skills; focus on glides and body

Level 2: General Sample

Glides! Glides! Glides! Mix in some arm strokes; and begin teaching comfort on back.

3 x walk in a square with benches 1' apart.
Must go underwater when crossing the gap.
- Advanced swimmers must do front glide across gap.
- Move fast
- Gap bigger for better.

6 x total, front glide from b2b. - Start in the same corner; wait turn.
- "shoulders in water, arms forward, face in, push off to other bench" Every time.
- Establish habit; keep low

Put 5/10 toes above water without touching anything else.

- Adapt 1: put 5 toes above water for 2 seconds with only foot touching something
- Adapt 2: put 5 toes with only using hand to hold something.

Activity 3:

Benches more than 1 body length apart.
6 x total, front glide from b2b. - repeat script from before
- farther apart than Activity 2.
- Encourage kicking to get distance
- Focus on body/head position.

Activity 4:

Practice big circular arms on deck.
Benches same distance as 3.
- glide first, do 2 arm strokes when see other bench
- Streamline 1/2 way, do arm circles and kicks to get the other half.
- Big wide circles best; body straight, head down important.

Game 2:

Spin in a circle with head above water without touching anything; treading.

- Keep chin out of water.
- Do it while sitting on a kick board.
- Do more spins, or one hand.

Activity 5:

6 x do back glide from b2b "Turn around, shoulders in, tilt head back, push off gentle"
- INS help when they get to 2nd bench. Lift hand.
- To support, put hand under the head/neck only. Let swimmer keep body and legs at surface

Activity 6:

Aim one bench at open water.
- 3 x supported back crawl with INS
- Script: turn around, shoulders in...
- Support only head.
- Look for straight body, hips up, legs light kick.
- Arms straight above water. Aim fingers at ceiling. Circular push.

Game 3:

Over the bench.
- 2 x float on back 2 seconds, roll over on belly, float like a star 2 seconds. Roll over on back, float on back for 2 seconds.
Adds:
- do flip, roll again, or kick to other bench.

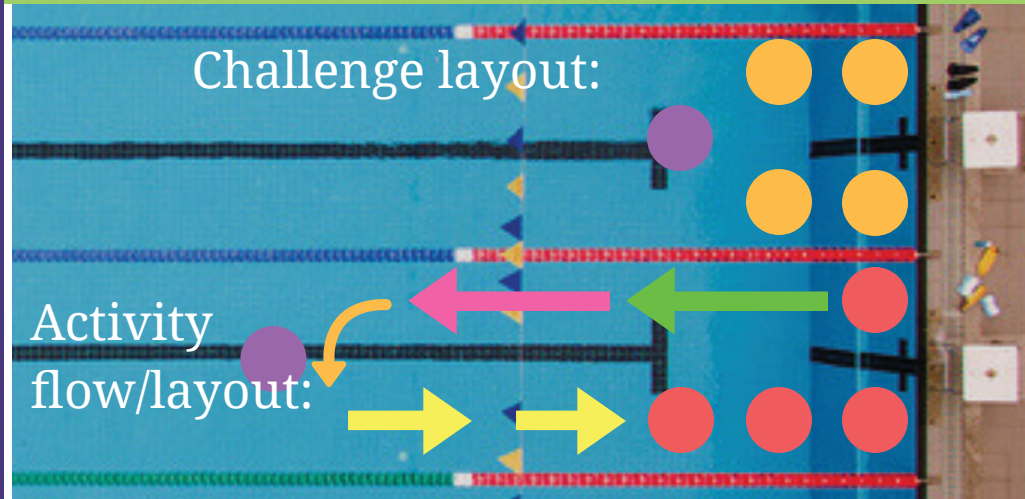
General formula: Activity, Activity, Challenge

Activities to do:

- 3 x Streamline with flutter kick
- 3 x SL then 3 strokes Fr (no breath)
- 3 x SL + 3 strokes and 1 breath
- 3 x SL + 5 strokes + 1 breath
- 3 x SL on back on surface
- 3 x SL on back + 3 backstrokes
- 25 Free Kick, 25 Back kick
- 25 catch-up swim with kickboard
- 25 catch-up swim FR w/noodle

Challenges:

- Do two front flips w/o holding nose
Go under, touch bottom with butt,
- then also put two feet on the wall
Spin around two times w/o touching anything and keeping head above
- water.
- Float on belly 2 secs. roll over to back, hold 2 secs. roll to belly, do
- front flip.
- Jump in feet first and touch bottom,
- then swim to ins 3 body lengths away.
- SL underwater past the flags (5 yrds)
- Keep 5 toes above water for 5 secs.
- Keep 10 toes above water for 5 secs.
- Put belly button on bottom with
- 1 big toe



Do most challenges together in a group. Allow swimmers to do challenge all at the same time.

Set up your lane. First person always in right corner. Green is SL, pink is "+ [5 FR + 1 breath]," then move over, and get back in line. Keep things moving, instructor stands at end and gives feedback each round.

Language:

Start immediately in SL:

- 1) lock thumb, 2) squeeze ears, 3) look down.
- Streamline first, then do three strokes of freestyle.
- Aim face at floor while swimming and not breathing (use mirrors on floor).

Breathe with whole body; make

- belly, back, and chest big. Will keep you @ surface.
- Reach to position 11 with every stroke

INS tips:

Give feedback every attempt. say *something* to improve.

- Focus on the **most** important error/fix. Head and body before hands or arms.

Give 1 positive, and 1 improve

- Avoid overloading corrections; like 5 wrong things.

- Be loud, fun, talk a lot!

Front crawl 8 meters with breathing

Back crawl 8 meters with body at surface

Demonstrate "11, Y, Eat, and Reach"

Demonstrate Breaststroke Kick on edge

Demonstrate Butterfly Arms

Level 3 testable skills; focus on FR and BK

Level 3: General Sample

Activity, Activity, Challenge

Activity 1:

6 x streamline from bench to bench about 2 body lengths apart. Or 3 x in a lane.

- Lock thumb, squeeze ears with elbows, aim face at floor.
- Kick to move
- Body and head position most important. Start under water.

Activity 2:

Same bench distance (2 body L) - Streamline 1/2 way, swim FR other half. remember to kick.

- Focus on streamline head down - Encourage strong kick for motion - Large arm circle motion to start, refine with increased skill.

Challenge 1:

Lay on the bottom with your belly button, and one big toe touching at the same time for 2 seconds. Bonuses:

- with nose touching
- also two feet on the wall - both big toes

Activity 3:

Benches 3 body lengths apart, 6 x (or 5 x in lane) streamline first with kick, then swim free rest of the way.

- No breath
- Strong kick
- Head position looking down - Body straight, no wiggles.

Activity 4:

10 times turn head to the side, keep body straight.

10 times turn head over shoulder and take 1/2 step back to side you turn to- like opening up a door.

10 times other side.

25 Free kick, 25 back kick.

Game 2:

Do 2 forward flips in the water.

Tips:

- blow bubbles with nose
- hum while underwater
- tuck your chin, lift your butt, and use hands to flip
- must "Make an attempt"

Activity 5:

6 x b2b three body lengths, or 5x in lane:

Streamline 1/2 way, then swim other half. Must take 1 breath - Breath turn to the side; open body like opening door with it.

- Aim face at floor otherwise - Body long, @surface, straight.

Activity 6:

5 x push off on soldier and kick on back to flags. After flags do 3 strokes of backstroke

- Body straight, kick strong, head slightly tucked (80 degrees nose to surface)

- Arms movement keeps face above water. Arms & body stay straight.

Game 3:

2 x push off in not streamline.

1 x push off on surface

1 x push off on bottom

1 x push off in middle depth.

1 x push off in streamline, but must be perfect, all 3 things and underwater.

Streamlines 1st, then swimming; focus on breath.

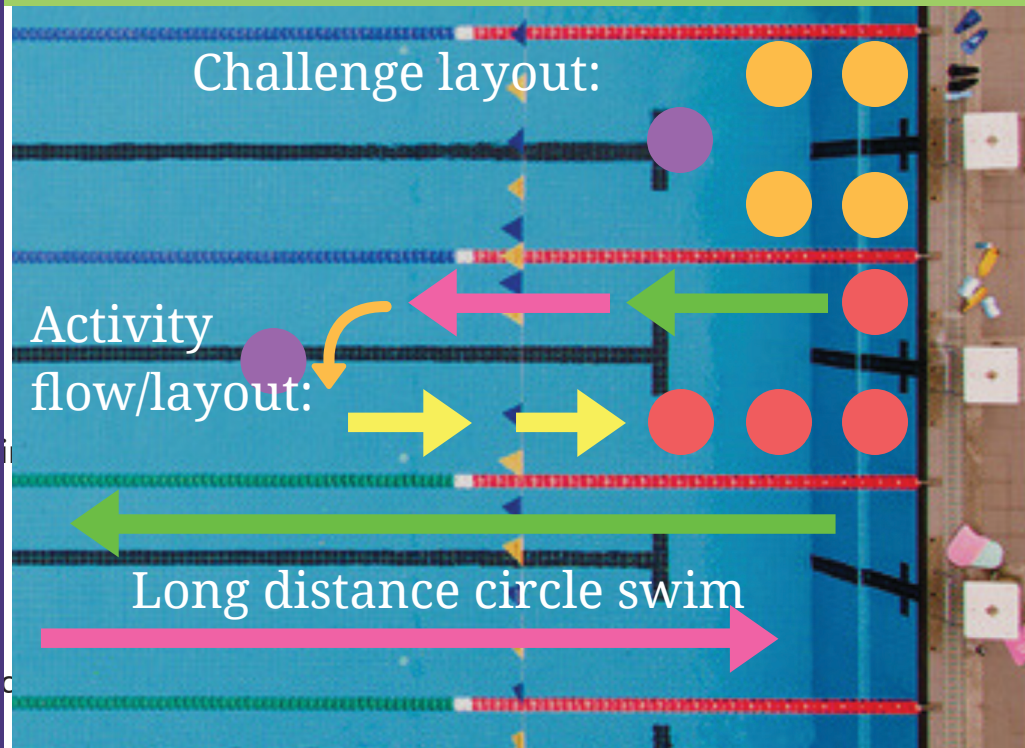
Activity, Activity, Challenge

Activities to do:

- 3 x SL then 3 strokes Fr (no breath)
- 3 x SL + 5 strokes + 1 breath
- 3 x SL on back + 3 backstrokes
- 25 Free Kick, 25 Back kick
- 25 catch-up swim with kickboard Swi
- 3 x SL w/no K + 2x (11, Y, E, 11)
- 3 x SL + Lift and Flex (in SL)
- 3 x SL + 1 BR arms + 1 BR K+ float
- 3 x SL + 2 fly arms; no kick.
- 3 x SL + 1 fly stroke + 1 kick at 11. Kic

Challenges:

- Streamline wrong; then SL correct.
- Swim to 1/2 way with only 1 breath
- Fly kick on your side around everyone, like they're poles
- Go under, make your body like fav. food.
- FR kick as fast and as far as you can, but only get 30 kicks; or 10 secs. Jump in deep end, touch bottom with foot, at surface shout a fav. color.
- Do a handstand for 2 secs. turn into a front flip, jump off bottom.
- Push off wall in airplane, crash-land.



Language:

Start immediately in SL:

- 1) lock thumb, 2) squeeze ears, 3) look down.
- Always streamline first with appropriate stroke's kick.
- Every stroke starts in 11. "Long reaches to 11"
- Lift feet to rear, flex feet to sides, then make circle, and squeeze.
- Do the "motions of BR arms and Fly" more about the choreography than swim.

INS tips:

- Focus on the **most** important element; body position; motion of arms (BR/FLY) instead of "swimming"
- Be dynamic; high reps, but change it up. Keep interested.
 - If they're not "getting it" change delivery or activity
 - Be loud, fun, talk a lot!
 - Play games with purpose.

Front crawl 20 meters with bilateral breaths.

Back crawl 20 meters with body in soldier.

3 x, SL w/no K, + 1x (11, Y, Eat, and Reach), then 1x (BR K in 11).

Streamline + 2 strokes Fly w/ breath on #2

Swim 50 meters Front or Back Crawl

Level 4 testable skills; Focus: BK, FR. Sprinkle: Fly, BR.

Activity 1:

100 IM Kick with kickboard

Hold bottom, face in FLY

Hold sides, elbow in BK

Hold bottom or top, elbows

straight BR and FR face in or out.

Doesn't need to be perfect; more exposure to all 4 strokes.

Activity 2:

3 x streamline underwater

1) lock thumb

2) squeeze ears

3) look down

3 x Streamline underwater, at surface do a front flip.

Challenge 1:

Push off in airplane as deep as possible, and do a spin like doing a barrel roll without losing straight body, or breaking the surface.

-Flutter kick throughout.

Bonus to do two spins.

Activity 3:

3 x streamline + 3 free

-Perfect the streamline

- Swim with arms reaching to position 11 at start of stroke cycle.

- Kicking important

- Body line and posture pristine

Activity 4:

3 x streamline + 5 FR + 1 breath

- no breath on #1 or #5 strokes.

- Kick throughout

-SL underwater, swim at surface

- Body line straight, tight

- Breath w/cheek in water; no lifting head or banana bodies.

- Slow arms okay; length good.

Challenge 2:

Do 2 handstands that turn into front flips.

Do 2 front flips in one breath under 10 seconds

Do 1 back float in a ball with knees pulled into chest.

Activity 5:

-Two hands on wall, go under 3x.

-2 hands, 2 feet on wall, go under 3x.

- 2 hands, 2 feet on wall, pull up, let go of hands, keep feet on wall, go under 3x; lay back look up.

- Repeat, but also push off in SL or back.

Activity 6:

3 x streamline on back to flags, then take 3 backstroke strokes.

- Body under as long as possible (flags limit)

- Kick throughout

- Once arms start keep moving. no catch up swimming backstroke

- Avoid wiggling, no banana body.

Challenge 3:

- Corkscrew swim to 1/2 way: 1 back stroke, rolls into 1 FR.

- 1 fly swim + 1 breast swim to 1/2 way, alternating.

- Free arms with fly kick to 1/2 way.

- Back arms with BR kick to 1/2

Short distances good for most; longer to practice skill

Goals:

- Learn student names
- Introduce self
- Give clear expectations
- Earn trust: Demonstrate all activities first, and offer modified alternatives
- Focus on fun and routines
- Introduce framework
- Smile, laugh, play

Activity 1:

Bubbles and Bobs

Ask everyone their age. Do that number of bobs with bubbles.

If swimmer does not want to go completely underwater, offer alternative following underwater progression:

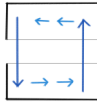
Shoulders, Chin, Lips, Nose, etc.

Activity 2:

Walk around the pool

Push benches together, or in a space they can stand, walk in a square or circle.

Keep swimmers moving. Each time they get to a corner, kiss the water.



Challenge 1:

Lift one foot out of the water, including all five toes.

Bonus: Do it without holding onto anything.

Super Bonus: Lift 10 toes out of the water.

Activity 3:

Walk around the pool with bubbles

Continue walking in the same square space or across two benches.

Kiss the water in the corners, but when passing from one bench to the other must put lips in and blow bubbles.

Activity 4:

Introduce supported front glides with instructor.

Begin close, and support swimmer so that they do not go underwater.

Encourage chin in water.



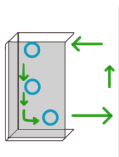
Challenge 2:

Get a ring from the bottom of the pool with the following:

1. Get with your foot.
2. Get with your hand and INS help.
3. Get with hand, but no help.
4. Get with hand and mouth in the water too.

Activity 5:

Reaching for the wall



Stand just out of arms reach from the wall; orient bench aimed at wall.

Reach for wall with both hands. Monkey walk along wall, and reach back to the bench.

Activity 6:

Supported front glide with a reach.



Stand a little further away, have swimmer reach for INS shoulders.

Encourage putting lips, nose, in the water during support.

Challenge 3:

Bake a Cake Game

- Add ingredients by splashing
- Mix them up with arms
- Put in oven (under bench)
- Do front glides or activity
- Check on cake (eyes in water)
- Help lift cake
- Blow on it to cool off
- Eat with face or splashing cheeks

Cues:

“Ready, Go.”

“We’re doing front glides.

Who wants to go first?”

“Put your chin in the water. Great!

Now put your lips in. Wonderful!”

“Kiss the water like this...”

“Would you like to go underwater?”

“Put your hands on my shoulders.”

“Kiss the water in the corners.”

Activity 7:

Super Splashes

Hold the bench with both hands and make the biggest splashes possible with both feet.

If possible splash INS’s face.

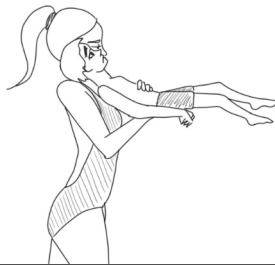
Hold a bucket near splashes and see if they fill it.

Activity 8:

Supported Back Glides

Head resting on shoulder.

Sing Twinkle Twinkle Little Star.



Challenge 4:

Jump high enough so that your belly button gets above the water.

Challenge 4.5

Jumps from the side

Ask:

“Do you want to go



Activity 9:

Lowering Hula Hoop

Hold a hula hoop so that the circle is ½ in the water and ½ out.

Swimmers must kiss water as they walk or glide through.

Lower hoop each round until they go underwater.

Activity 10:

Supported Back Glides

Transition from Head on Shoulder to Head in Hand position during the glide.



Challenge 5:

Lay on your back with only 2 fingers helping you stay afloat. Do supported back floats.

Hold swimmer at surface without falling underwater with two fingers on back of neck. Adjust for anxiety.

Activity 11:

Treasure Hunt Game

Using a kickboard as your “boat,” collect toys scattered around the pool or on the deck. Each time a swimmer brings one back they must carefully add it to the boat pile. Collect toys by putting lips in the water or by doing supported glides to get.

Activity 12:

Tornado Twister Game

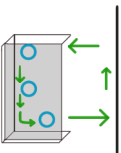
With as many toys you have available create a “tornado” where they all fall off your “treasure ship.”

Swimmers must collect toys by blowing bubbles to herd them back or get off the bottom.

Challenge 6:

Monkey walk to leave

Start on the bench aimed at the wall.



Front glide with lips kissing the water to reach the wall.

With both hands and feet monkey walk sideways to the exit.

Goals:

- Speak all student names.
- Ensure they know your name.
- Continue to earn trust: Demonstrate all activities first, and offer modified alternatives
- Reinforce routines
- Emphasize fun during routines
- Smile, laugh, play

Activity 1:

Bubbles and Bobs

Ask everyone their age. Do that number of bobs with bubbles.

If swimmer does not want to go completely underwater, offer alternative following underwater progression:

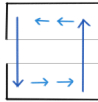
Shoulders, Chin, Lips, Nose, etc.

Activity 2:

Walk around the pool/benches

Push benches together, or in a space they can stand, walk in a square or circle.

Keep swimmers moving. Each time they get to a corner, kiss the water.



Challenge 1:

Lift one foot out of the water, including all five toes.

Bonus: Do it without holding onto anything.

2x Bonus: Do it with 5 toes out and spinning around 2x.

Activity 3:

Walk and glide

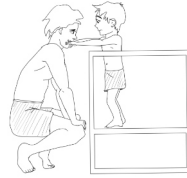
Separate the two benches, or mark your space with cones or toys.

Walk in a square, moving independently. When they get to the gap must do a glide across (with help or jumping for the handles).

Activity 4:

Supported Front Glides

Go one at a time with each swimmer. Focus on face in and kicking.



Challenge 2:

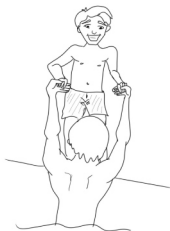
Bake a Cake Game

- Add ingredients by splashing
- Mix them up with arms
- Put in oven (under bench)
- Do front glides or activity
- Check on cake (eyes in water)
- Help lift cake
- Blow on it to cool off
- Eat with face or splashing cheeks

Activity 5:

Jumps from the side

“Do you want to go underwater?” Make certain to ask every swimmer and follow through with their choice. Establish trust and fun by providing support.

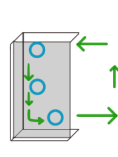


Activity 6:

Reaching for the wall

Stand just out of arms reach from the wall; orient bench aimed at wall.

Reach for wall with both hands. Monkey walk along wall, and reach back to the bench.



Challenge 3:

Float Toy Sinking.

Press three floating toys to the bottom with your feet. Cannot use hands.

BONUS use face to sink the toy.

Safety Tips:

Keep your face aimed at all swimmers all the time. Avoid turning your back.

Watch for wobbling legs. Younger swimmers can be knocked over by a wave. Stay close. Help often.

Push for underwater but be quick to offer modified alternative: "Put your face in. No? Kiss the water."

Activity 7:

Throw a toy and Get it

Have swimmers throw a floating toy away from your area.

With support do front glides with kicking to get the toy and retrieve it.



Activity 8:

Supported Back Glides Head resting on shoulder.

Sing Twinkle Twinkle Little Star.



Challenge 4:

Jump high enough so that your belly button gets above the water.

Start in shallow water, but above the belly. Ideally shoulder deep.

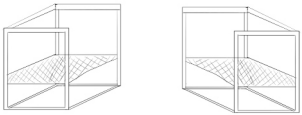
Jump off the bottom and land!

Activity 9:

Kicking across the gap

Arrange your swim area or the benches so that there is a sizable gap.

Using a float cross the gap with strong kicking.



Activity 10:

Supported Back Glides

Transition from Head on Shoulder to Head in Hand position during the glide.



Challenge 5:

Lay on your back with only 2 fingers helping you stay afloat. Do supported back floats.

Hold swimmer at surface without falling underwater with two fingers on back of neck. Adjust for anxiety.

Activity 11:

Supported Front Glides

Get the water in the water as much as possible.

Kiss, dip, put your nose in, etc. Encourage relaxed posture and face in; easier as trust builds.

Activity 12:

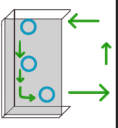
Bubble blowing

Put all your floating toys in your area, but spread them out.

Have swimmers use bubbles or their shoulders to push the toys into a basket. No Hands!

Challenge 6:

Jump for the wall and dip.



Push off support, grab the wall. Then, using only your hands go underwater to comfort. Then climb out unassisted.

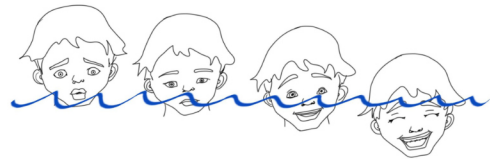
Goals:

- Lean into routine.
- Spend more time on glides and face under.
- Continue to earn trust:
 - Continue to give positive encouragement and praise.
- Laugh with joy; even if forced.
- Join the imagination play.
- Be a part of the swimmer's journey.

Activity 1:

Bubbles and Bobs

Ask everyone their age. Do that number of bobs with bubbles.



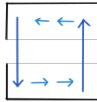
Goal to get totally under, but adjust for comfort.

Activity 2:

Walk around the pool/benches

Push benches together, or in a space they can stand, walk in a square or circle.

Keep swimmers moving. Each time they get to a corner, kiss the water.



Challenge 1:

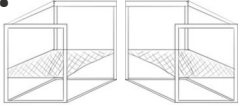
Push floating toys with mouth

Push balls or toys with bubbles or by using nose and face at the surface of the water.

Do it from one side of bench to another or point a to b.

Activity 3:

Walk and glide

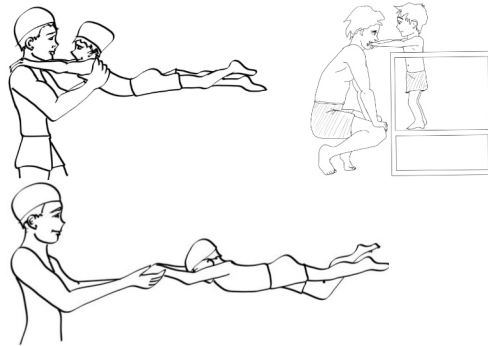


Separate the two benches, or mark your space with cones or toys.

Walk in a square, moving independently. When they get to the gap must do a glide across (with help or jumping for the handles).

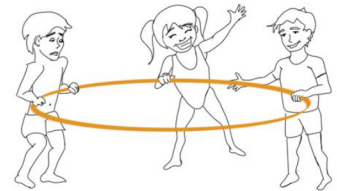
Activity 4:

Supported Front Glides



Challenge 2:

Bake a Cake Game



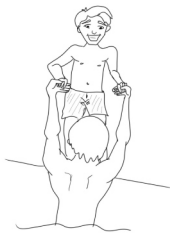
Encourage face in the water at every opportunity.

Activity 5:

Jumps from the side

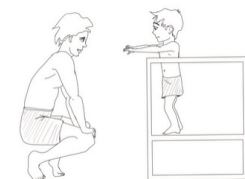
"Do you want to go underwater?"

Jumps are fun, but more importantly they build trust. Earn it.



Activity 6:

Reaching for the instructor.



Stand just out of arms reach from the swimmer. Have them reach/fall forward to grab your shoulder; turn into front glide.

Challenge 3:

Monkey Walks 5 meters.

Using hands and feet (like a monkey) move along the wall.

Great way to travel to the deep end, or somewhere new.

Safety Tips:

Hold swimmers above water and allow them to choose going under.

As comfort grows so will bravery. Be vigilant against overconfident swimmers leaping off safety.

Remain close to all of the swimmers. As you do more supported glides avoid straying too far from your class.

Activity 7:

Timber!



Push your open hand into the back of your swimmer's neck.

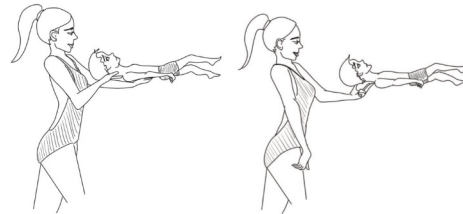
Yell "TIMBER!" And have them fall backwards like a tree falling in the forest.

Support their fall to the surface into a back float.

Activity 8:

Supported Back Glides

Transition more and more to reduced support holds.



Challenge 4:

Listen to the Fish

Have swimmers put one ear in the water.

Drop a coin on the bottom and see if they hear it.

Or yell underwater.

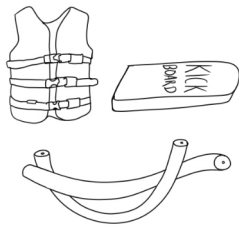


Activity 9:

Kicking to move

Use floating assists or life jackets, go somewhere in the pool by kicking.

Force swimmers to use kicks to move.



Activity 10:

Supported Back Glides

Transition to 2 finger support. Encourage strong kicking!



Challenge 5:

Bucket Head! Bucket Shoulder!

Play the best game ever. Shout "BUCKETHEAD" while pouring water on your head.

Let swimmers do it to you. Laugh. Only rule: must say Buckethead. Offer "Bucket Shoulder" as alternative to over head.

Activity 11:

Independent Glides

Whether to the wall, the instructor or in shallow water encourage swimmers to put their face in and move with nothing touching the bottom.

Goal is to have swimmers doing stuff alone. Face in water is a bonus.

Activity 12:

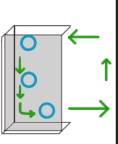
Supported Front and Back Glides

Do a front glide away from starting area, rotate to back glide, and return. All with support as needed.

Build comfort rotating or twisting and changing position with INS.

Challenge 6:

Jump for the wall and dip.



Push off support, grab the wall. Then, using only your hands go underwater to comfort. Then climb out unassisted.

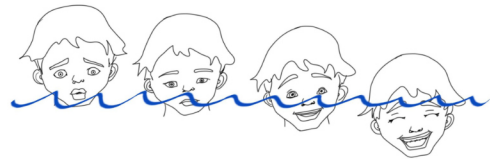
Goals:

- Be excited to see your swimmers.
- Call them by name.
- Lean into earned trust: Use the trust you've built and gently push to improve.
- Give targeted feedback.
- Iterate on your imagination play; add new twists to the same games.

Activity 1:

Bubbles and Bobs

Ask everyone their age. Do that number of bobs with bubbles.



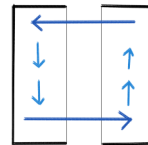
Goal to get totally under, but adjust for comfort.

Activity 2:

Walk around the pool/benches

Create a space between benches.

Kiss the water or go under when you cross the gap.



Encourage arm reaches and flat bodies.

Challenge 1:

Bucket-head / Bucket-shoulder

Play this game with laughing loud volume.

BE CAREFUL:

Do shoulder pours for those that are hesitant.

Activity 3:

Walk and glide

Do 1 round with benches close together.

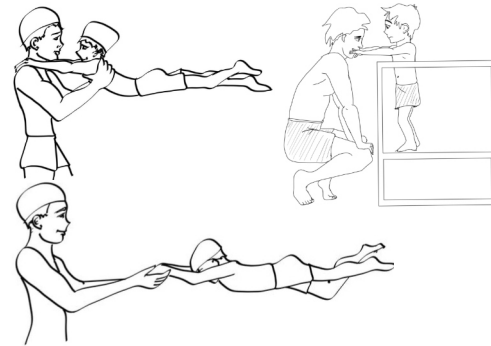


Reach arms for bench.

Encourage face in water.

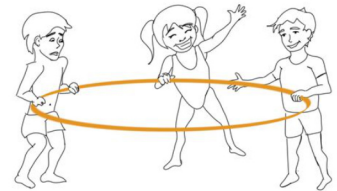
Activity 4:

Supported Front Glides



Challenge 2:

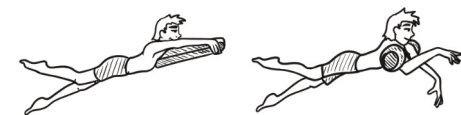
Bake a Cake Game



Encourage face in the water at every opportunity.

Activity 5:

Cross the gap with support



10 x cross the gap

Focus on STRONG kicks to provide movement.

Activity 6:

Reaching for the instructor.



Supported front glides after a jump.

This can be scary.

Leverage the trust you've earned.

Challenge 3:

Sing your name underwater

Make bubbles underwater by singing your name.

Do lips under only, or whole face.

Refusal? Chin in while singing. Encourage bubbles.

Safety Tips:

Be consistent with support. Hold swimmer with confidence.

Keep a watchful eye.
Always aim your chest at swimmers; even when working with single ones.

If asking a swimmer to reach for you without support remain planted.
DO NOT MOVE once they leap for you.

Activity 7:

Quick back glides across a gap

Move with speed!

Laugh.

Enjoy the ZOOM!

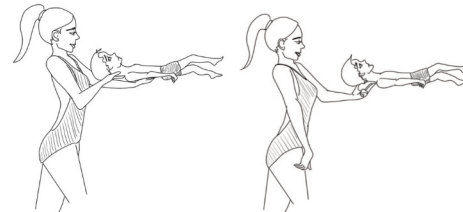
Pull swimmer fast under neck.



Activity 8:

Supported Back Glides at bench

Aim for using only 2 fingers.
Possibly let go with warning.



Challenge 4:

Listen to the Fish

Have swimmers put one ear in the water.

Drop a coin on the bottom and see if they hear it.

Try putting face in too! Watch the coin.

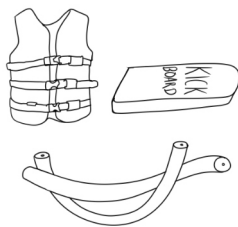


Activity 9:

Kicking to move

Use floating assists or life jackets, go somewhere in the pool by kicking.

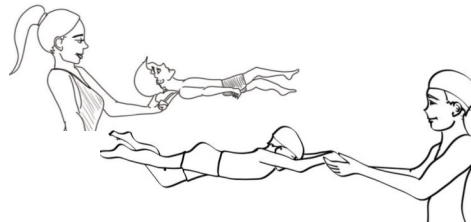
Force swimmers to use kicks to move.



Activity 10:

Supported Glides with movement

Travel with swimmer.
Give feeling of movement.
Pull neck/ hands..



Challenge 5:

Bucket Head! Bucket Shoulder!

Play "Bucket-head" game.

Challenge to wear the bucket too!

Pour on then wear on the head, face, shoulder, elbow, etc.

Activity 11:

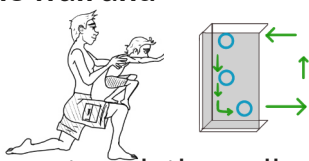
Jump for the wall and dip.

Push off support, grab the wall.

Then, using only your hands go underwater to comfort.

Then climb out unassisted.

Use the bench, or instructor.



Activity 12:

Supported jumps, glides, then push to the wall again.

Chain together skills:

Glides to wall, jumps, supported glides. Push to wall.



Challenge 6:

Swim from the bench to the exit.

Start close for the scared; farther away for the brave.

Swimmer glides with kicks or arm strokes to get a short distance to the exit by themselves. Celebrate!

Goals:

- Learn all swimmer names.
- Establish routines.
- Demonstrate first; either INS lead or with a returning swimmer.
- Point out beginner alternatives.
- Keep swimmers moving! The more glides and kicking you can do the better to build confidence.

Activity 1:

Bobs and Bottom

Go underwater 10 times.

Jump off the bottom of the pool each time.

- If on a bench, then bend knees and submerge.

- If comfortable use bottom.

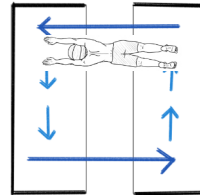
Activity 2:

Position 11 across benches.

Do 6 x glides from bench to bench, or Shallow to shallow location. Start close.

Keep swimmers moving.

This is a warm-up.



Challenge 1:

Sit and read

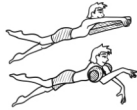
Go underwater and read how many fingers INS holds up.

Use goggles. Or let them touch INS hand.

- Encourage opening eyes.
- Goal is comfort underwater.

Activity 3:

Kicking with Support



6 x Kick from Point A to B.

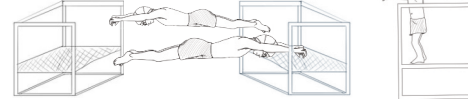
Continue to use the benches, or same space as earlier.

- Establish quick moving flow like circle swimming.



Activity 4:

Streamline Glides



6 x streamline from one bench to the other.

- Keep moving. Autonomously.
- Go when the way is clear.
- Avoid telling swimmers to "go."

Challenge 2:

Back float, toes up.

Float on your back;

- holding on to side or bench OK. Best is w/ no support.

- Keep 5, or 10 toes above the surface for 3 seconds.

Activity 5:

On Deck: Free Arms

Go slow!

Do 10 Free arms together.

- If you have mirrors use them!
- Start in 11, push down, then swing wide on the recovery back to position 11.

Activity 6:

Glide and swim



Begin with a front glide, starting with face in the water, then do front crawl arm circles with kicks the rest of the way. Do many; 6x

Challenge 3:

Spin without touching

With your head above water the entire time, spin 2x without touching the ground or the bench.

Use hands and feet to rotate body at least two times.

Safety Tips:

Be consistent with support. Hold swimmer with confidence.

Keep a watchful eye.
Always aim your chest at swimmers; even when working with single ones.

If asking a swimmer to reach for you without support remain planted.
DO NOT MOVE once they leap for you.

Activity 7:

Supported Back Glides



Provide movement and pull on the surface to use water to push hips and feet up.

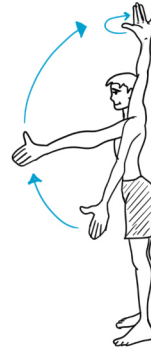
Activity 8:

Back Crawl Arms on Deck

Standing on deck.
Start in soldier.

INS lead with demonstration:

Thumb, Hi,
Pinky, Push

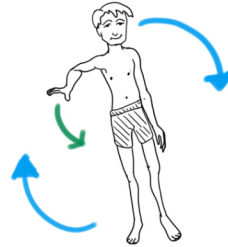


Challenge 4:

Float on back, and spin/rotate using one arm.

Float with or without support from INS.

Swimmer should rotate on the surface like a clock hand.

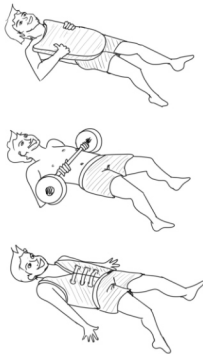


Activity 9:

Kicking to move

Use floating assists or lifejackets, go somewhere in the pool by kicking.

Force swimmers to use kicks to move.



Activity 10:

Glide then Swim with 3 strokes

From bench to bench, or wall to INS.

Back glide first, then 3 BK crawl arms across to bench, or INS.

Front glide, then 3 FR crawl arms back.

6 x across benches, or 2 x to INS.

Challenge 5:

Roll over, roll over!

Lay on your back, with or without support.

Spin to roll over on to belly, face down.

Hold for 3 seconds, then roll on back. Hold for 3 more seconds.

Activity 11:

Glide, then get toys

Push off in position 11 or streamline.

Go to instructor with kicks or swimming. With help, get toys from the bottom.

Glide or swim back to start.

Activity 12:

Holding toys, glide with kicks

Go 6 x from bench to bench.

Hold a ring, or toy in both hands like position 11.

Front glide with kicks across bench.

Back glide with toy held on the belly back to the start.

Challenge 6:

Jumps and counting.

Swimmers must count to 3 before they jump in using a language different than their primary one.

Uno, dos, tres. Un, deux, trois, etc.

Or they can say their favorite...

Goals:

- Continue routines
- Constant motion, multiple attempts.
- Be the traffic cop, keeping students moving in circles without waiting for you to say "go." Begin backing off.
- Support the hesitant, encourage the bold. Underwater and glides can be scary; help when needed. Gently push.

Activity 1:

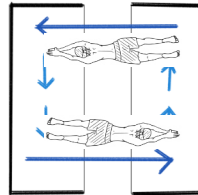
Underwater and Favorites

- Go underwater 5 times.
- Say something you love before each time.
- The INS should do it too.
- Press swimmers to put whole head underwater.

Activity 2:

Streamline across benches

- Review Streamline before.
- Focus on the three things on each attempt.
- Do many. 6, 8, times.



Challenge 1:

Tick Tock Float

- Start on your belly in a front float. Pull your knees to your chest and roll backwards; into a back float.
- Reverse back to belly.
- No touching the ground.

Activity 3:

Kicking with Support



- 6 x Kick from Point A to B.
- Continue to use the benches, or same space as earlier.
- Establish quick moving flow like circle swimming.



Activity 4:

Streamline then Position 11

- 6 x streamline ½ way, then Position 11 second ½.
- Keep moving.
- Focus on the Kick
- Target feedback on the SL



Challenge 2:

Do a front flip

- With or without INS help, do a front flip.
- If scared, teach blowing bubbles with nose first.
- *Close your mouth and speak.

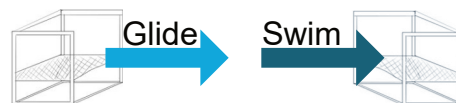
Activity 5:

Travel with Kicks

- Visit the deep end, go to a different part of the pool.
- Using a float support, use kicking to travel somewhere new. Do jumps there and return.

Activity 6:

Glide and swim



- Begin with a front glide, starting with face in the water, then do front crawl arm circles with kicks the rest of the way. Do many; 6x

Challenge 3:

Spin without touching

- With your head above water the entire time, spin 2x without touching the ground or the bench.
- Use hands and feet to rotate body at least two times.

Safety Tips:

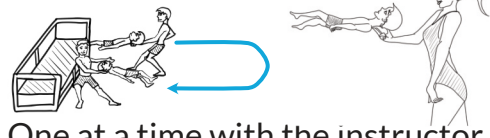
Keep control; fast movement and motion will require vigilance.

We're starting to swim unassisted. Provide plenty of oversight and keep a watchful eye.

Remember small increments. Start easy and get more difficult across the lesson. Avoid starting harder than comfort.

Activity 7:

Supported Back Glides

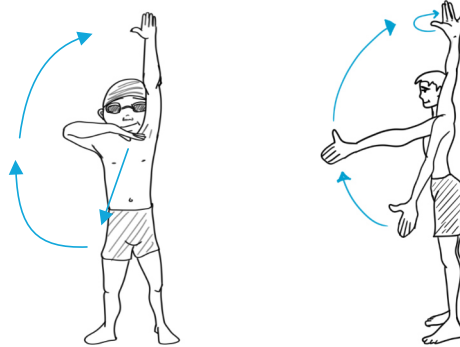


One at a time with the instructor.

Provide movement and pull on the surface to use water to push hips and feet up.

Activity 8:

Crawl Arms on Deck



Challenge 4:

In a back float throw a ball and catch it.

Float on back with or without support from INS.

Swimmer holds a soft toy; throw it up, and catch it.

Do it again while INS pulls swimmer through the water.

Activity 9:

Streamlines



Do 6 streamlines.

From bench to bench, or using a lane in shallow water.



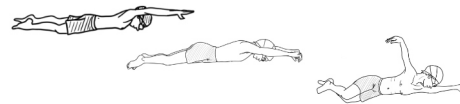
Activity 10:

Streamline then Swim with 3 strokes

From bench to bench, or wall to INS.

Do 6 times.

SL → position 11 → swim.



Challenge 5:

Only hips above surface

In a front float, bent at the waist to get ONLY the hips above the water.

Hold for 3 seconds.



Activity 11:

Glide, then get toys

Push off in position 11 or streamline.

Go to instructor with kicks or swimming. With help, get toys from the bottom.

Glide or swim back to start.

Activity 12:

Race the distance

Option 1:
Time a swim for a set distance; wall to the flags.

Option 2:
Streamline with 10 kicks and only 3 arm strokes.
Who gets furthest?

Challenge 6:

Jumps and counting.

Swimmers must count to 3 before they jump in using a language different than their primary one.

Uno, dos, tres. Un, deux, trois, etc.

Or they can say their favorite...

Goals:

- Motion. Motion. Movement. Keep moving.
- With established routines in place, begin increasing the repetitions. Do things 6-8; give feedback often.
- Push the hesitant gently, celebrate the bold swimmers and push them to improve technique beyond distance.

Activity 1:

Sit on the bottom

Either sit on a bench or the bottom in shallow water.

Must sit with butt on the bottom.

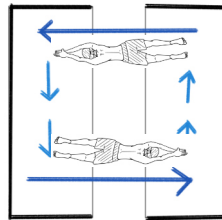
BONUS: cross your legs too and "meditate" for a few seconds.

Activity 2:

Streamline across benches

Review Streamline and all 3 things for it.

times.



Challenge 1:

Star float, ball sink

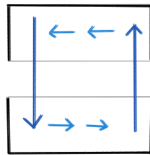
Float on your back in a star, then wrap arms around knees to make a ball.

Blow bubbles and sink to the bottom.

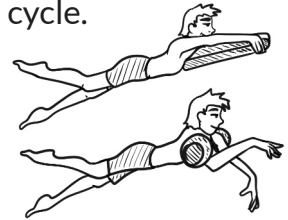
BONUS: Add flip

Activity 3:

Kicking with Support

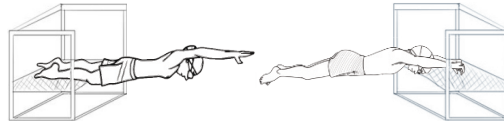


6 x Kicking. Floppy feet, whole leg kick. Go somewhere or cycle.



Activity 4:

Streamline then Position 11



6 x streamline ½ way, then Position 11 second ½.

Challenge 2:

Spin at the surface

Without touching the ground, spin around 2x.

BONUS: Keep whole head above water.

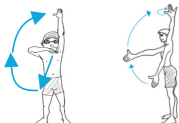
BONUS+: Keep only eyes above water.

Activity 5:

On Deck: BK & FR Arms

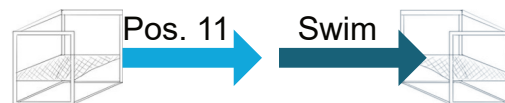
Stand on deck and do 10 of each type of arm-stroke.

Use mirror or shadows to see what you're doing.



Activity 6:

SL, Pos. 11 and Swim



6x Streamline, Position 11 with kicking, Swim FREE

6 x SL, Pos. 11 w/ K, Swim BK

Challenge 3:

Pick up a toy from the bottom

Place a sinking toy on the bottom of the pool. Deeper than swimmer can stand.

Push swimmer down to get together, and help return to surface.

Safety Tips:

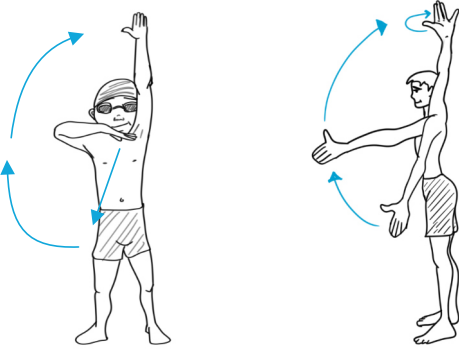
With confidence comes danger. Keep watchful eye on all attempts.

Encourage more independent swimming; remain vigilant. Bold swimming comes with risk.

Gently push swimmers to do farther and more without assistance, but provide immediate help if needed.

Activity 7:

Crawl Arms on Deck



Activity 8:



Streamline ½, Swim ½

Set a distance and stand there, or aim two benches together.

Do 6x for each person, streamline the first half with kicking, then swim the other.

Free or Back

Challenge 4:

Get a sinking toy

Pick up toys from the bottom.

BONUS: No goggles, eyes closed.

BONUS2: Have to jump up, then sink with no swimming.

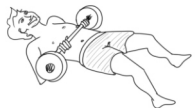
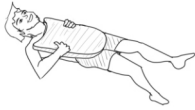
BONUS3: Sit on bottom 2 secs too.

Activity 9:

Back Kicking

Go somewhere close or do for a set time:
Ex: 2 minutes.

Kick on your back with huge splashes; with or w/o support.



Activity 10:

Backstroke swimming

From bench to bench, or wall to INS.

Do 6 times.

Support the head.



Challenge 5:

Jump, touch, swim, swim

Jump in the water.
Touch the bottom with feet, recover to the surface.
Swim to the instructor.
Swim back to the wall.
- INS: stay close, don't move.

Activity 11:

Fins. Pull buoys. Kickboard knees

Explore using float toys or kicking tools. Swim, kick, pull.

Move around the pool, or do activity across benches using them.

Put kickboard between legs.

Activity 12:

Glide, spin, swim

6x glide, roll over, and swim the rest of set distance.

Start on back, kick a short way, then roll on belly and swim FREE.

Start on front, roll, swim Backstroke.

Challenge 6:

Handstands or upside-down

Attempt to touch the bottom with both hands.

Go upside down; if possible.

Review bubble blowing through nose.
Close your mouth and make noise.

Goals:

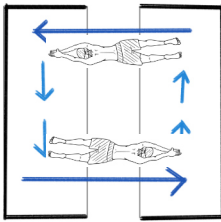
- Moving towards swimming independently. Push to longer distance.
- With established routines in place, begin increasing the repetitions. Do things 6-8; give feedback often.
- Streamline with kicking, then swimming. Focus on movement. Teach kicks make you move, arms pull.

Activity 1:

Streamline across benches

Review Streamline and all 3 things for it.

times.



Activity 2:

Streamline ½ way, then swim

Between benches or in a lane. Streamline with kicking, then swim 3 - 5 strokes.

Goal: streamline with kicks that make swimmer move.

Arm strokes with face held still.

Challenge 1:

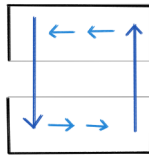
Two feet on the wall

In shallow water keep two feet touching the wall without holding on to anything.

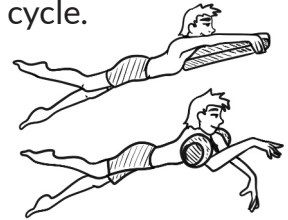
BONUS: Keep 2 feet on the wall while staying underwater for 3 seconds.

Activity 3:

Kicking with Support

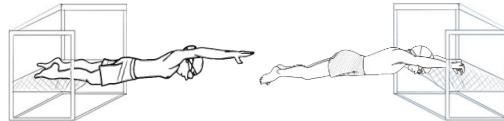


6 x Kicking. Floppy feet, whole leg kick. Go somewhere or cycle.



Activity 4:

Streamline then Position 11



6 x streamline ½ way, then Position 11 second ½.

Challenge 2:

Flip Flop Float

Start in a back float. Flop over to a front float. Hold for 5 seconds.

Flop onto back. Hold for 5 seconds.

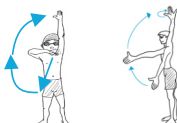
BONUS: do a flip before the front float.

Activity 5:

On Deck: BK & FR Arms

Stand on deck and do 10 of each type of arm-stroke.

Use mirror or shadows to see what you're doing.



Activity 6:

Swim in Position 11 (catch-up)



6x Position 11, then only one arm at a time swim across.

Do 5 kicks in position 11, then do a single arm stroke; other arm not moving stays in position 11.

Challenge 3:

Push off the wall in Airplane



Push off the wall in Airplane position and get farther than 3 body lengths without kicking.

BONUS: do it underwater.

Safety Tips:

Focus on arms and legs providing movement in the water.

Keep swimmers moving! Build confidence and strength by doing multiple repetitions.

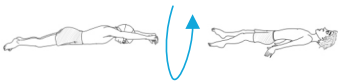
Challenges are FUN! If they're too easy or not appropriate to your group, adjust or make your own!

Activity 7:

Front glide, spin, back glide

Push off the wall or bench in a front glide. At ½ way spin along the spinal axis and do back glide in soldier the rest of the way.

Kicks to move.



Activity 8:



Streamline ½, Swim ½

Set a distance and stand there, or aim two benches together.

Do 6x for each person, streamline the first half with kicking, then swim the other.

Free or Back

Challenge 4:

Get a sinking toy

Pick up toys from the bottom.

BONUS: No goggles, eyes closed.

BONUS2: Have to jump up, then sink with no swimming.

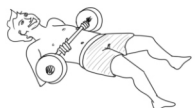
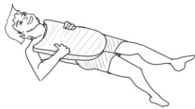
BONUS3: Sit on bottom 2 secs too.

Activity 9:

Back Kicking

Go somewhere close or do for a set time:
Ex: 2 minutes.

Kick on your back with huge splashes; with or w/o support.



Activity 10:

Backstroke swimming

From bench to bench, or wall to INS.

Do 6 times.

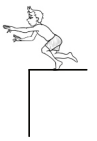
Support the head. Briefly remove support if able.



Challenge 5:

Jump, touch, swim, swim

Jump in the water.
Touch the bottom with feet, recover to the surface.
Swim to the instructor.
Swim back to the wall.
- INS: stay close, don't move.



Activity 11:

Fins, Pull buoys, Kickboard

Explore using float toys or kicking tools. Swim, kick, pull.

Move around the pool, or do activity across benches using them.

Put kickboard between legs.

Activity 12:

Glide, spin, swim

6x glide, roll over, and swim the rest of set distance.

Start on back, kick a short way, then roll on belly and swim FREE.

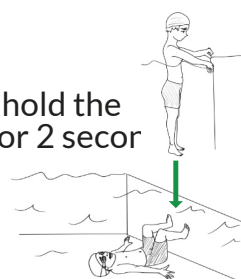
Start on front, roll, swim Backstroke.

Challenge 6:

Two feet on the wall, on back.

Prepare to do a backstroke streamline.

Go underwater and hold the pictured position for 2 sec



Goals:

- Breathing to the side. Spend considerable time working on FREESTYLE
- Establish a fast moving lane or lesson area setup. Use circle swimming, and short distances.
- Keep swimmers moving. Stimulate curiosity and effort with interesting challenges. Be interesting!

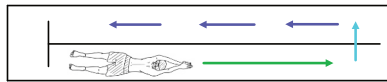
Activity 1:

Streamline to the flags

3 x Streamline w/ all 3 things.

If possible use a lane.

Otherwise, use a space of about 5 yards/meters.

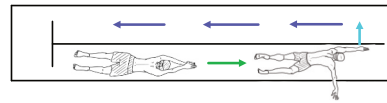


Activity 2:

Streamline then do 3 FREE

Streamline underwater, and at the surface do 3 freestyle strokes.

After the third stroke, stop, and return to the starting location.



Challenge 1:

Sit on the bottom

Sit on the bottom with legs crossed and hands on knees. Hold for 2 seconds.

BONUS: Put your nose and belly button on the bottom at the same time. Hold for 3 seconds.

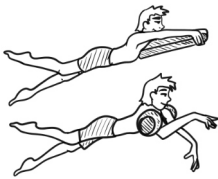
Activity 3:

Kicking

Do a 50 FREE or BK Kick.

If you have FINS use them.

Use boards.



Activity 4:

Streamline + 5 FREE + Breath

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 2:

Underwater on Back

Start with 2 hands and 2 feet on the wall.

Hands in soldier.

BONUS: In SL.



Activity 5:

Streamline + Position 1

3-5x Streamline underwater, then at the surface hold position 1 with kicks for 2 side breaths.



Activity 6:

Streamline + 5 FREE + Breath

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 3:

Reverse Streamline

Do a "streamline" feet first, pushing off the wall with your hands. On surface, then underwater.

"Kick" your arms. GOAL: get past the flags.

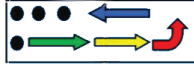
Safety Tips:

Stay shallow if possible.
Let swimmers be off benches and the wall.

Stay attentive when doing 3x or 5x something. Make sure swimmers can return to a safe space easily.

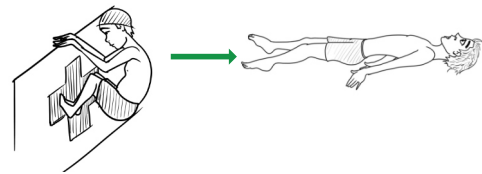
Fatigue and weakness can lead to issues.
Lots of short distances is still tiring.

Activity 7:

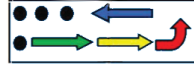


Back Glides to flags

3-5x Push off the wall on your back in **soldier**. Kick until you get to the flags.



Activity 8:



Streamline on BK + 3 BK

3-5x ALL on surface.

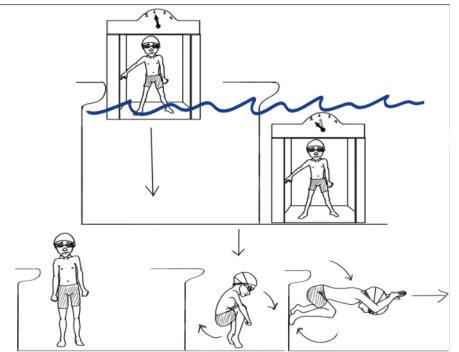
Streamline to the flags with kicks on back.

After the flags keep kicking and do 3 BK strokes.

Count when thumb exits water.

Challenge 4:

Take the Elevator Down



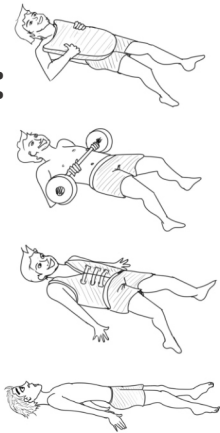
Activity 9:

Back Kicking

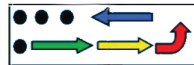
1 X 50 or equivalent.

GOAL: use floats or fins to keep moving.

Focus on using feet to move.



Activity 10:



SL + 5 BK + Roll + Flip

3-5x All on surface.

SL on back to flags. Do 5 BK strokes.

Roll on tummy and do a front flip.



Challenge 5:

Handstand + Flip

Do a handstand.

Keep legs together.
Hold for 3 seconds.

Turn the handstand into a front flip.

Activity 11:

1 x 25 FREE with Kickboard

- Hold the kickboard at the bottom, like doing Position 11.

- Focus on kicking.

- 1 arm moves at a time (catch-up)

- Breathe every 3 or 2.

Activity 12:

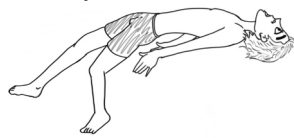
SL x 25 BACKSTROKE

- Push off in streamline; hold streamline until the flags.

- Swim with a strong kick.

- Touch the wall on back.

Avoid Vampire Neck:



Challenge 6:

Flip 1st, Streamline on Back

Flip towards the wall.

Front flip, then streamline on back.

No breathing.



Goals:

- An excellent streamline with all three things mastered.

- Leverage routine of streamline, activity, then move over and return to the wall.

- Give feedback on every attempt. Celebrate successes and encourage failure.

Activity 1:

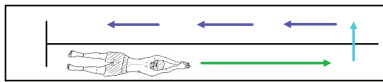


Streamline to the flags

3 x Streamline w/ all 3 things.

If possible use a lane.

Otherwise, use a space of about 5 yards/meters.



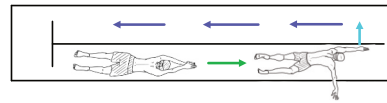
Activity 2:



Streamline then do 3 FREE + Flip

Streamline underwater, and at the surface do 3 freestyle strokes.

After the third stroke, flip without taking a breath.



Challenge 1:

Bug Smash!

Smash your entire body against the wall and stay smushed for 2 seconds without falling off.

BONUS: Do it again, but underwater.

“You’re a bug that’s been squished by a giant hand”

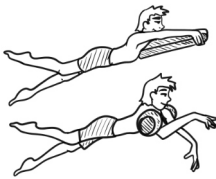
Activity 3:

Kicking

Do a 50 FREE or BK Kick.

If you have FINS use them.

Use boards.



Activity 4:



Streamline + 5 FREE + Breath

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 2:

Position 1 Breath

Push off the wall in position 1. Take 3 breaths to the side, only moving your head before you get to the flags.



Activity 5:



Streamline on Back

3-5x Streamline on your back.

Do all on the surface. If able, then start underwater.



Activity 6:



Streamline + 5 FREE + Breath + Flip

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 3:

Handstand + Flip

Do a handstand. Hold for 3 seconds with your knees and feet together.

Tuck into a front flip then jump off the bottom in streamline.

Safety Tips:

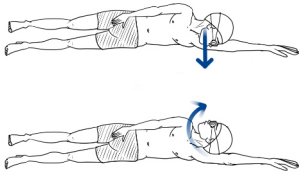
Challenges are fun, but be careful not to do them in too deep water.

Stay attentive when doing 3x or 5x something. Make sure swimmers can return to a safe space easily.

Pay attention to fatigue. Give ample breaks. Challenges can be restful, instead of constant 25's.

Activity 7: Streamline + Side Glide + breath

3-5x start in SL, then roll on your side, and kick past the flags. Do at least 3 breaths rotating head.



Activity 8: Streamline on BK + 3 BK

3-5x Begin SL underwater.

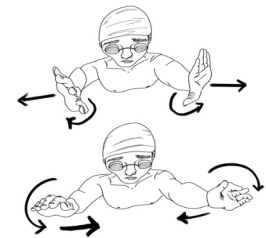
Streamline to the flags with kicks on back.

After the flags keep kicking and do 3 BK strokes.

Count when thumb exits water.

Challenge 4: Without kicking, scull to the flags

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

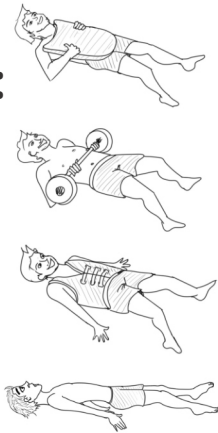


Activity 9: Back Kicking

1 X 50 or equivalent.

GOAL: use floats or fins to keep moving.

Focus on using feet to move.



Activity 10: SL + 5 BK + Roll + Flip

3-5x All on surface.

SL on back to flags. Do 5 BK strokes.

Roll on tummy and do a front flip.



Challenge 5: Handstand Rewind

Push off the wall and do a handstand on the "T" mark.

Pause for 2 seconds.

Push off with your hands, and "rewind" so your feet touch the wall, where you began.

Activity 11: 1 x 25 FREE with Kickboard

- Hold the kickboard at the bottom, like doing Position 11.

- Focus on kicking.

- 1 arm moves at a time (catch-up)

- Breathe every 3 or 2.

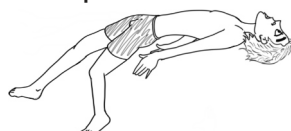
Activity 12: SL x 25 BACKSTROKE

- Push off in streamline; hold streamline until the flags.

- Swim with a strong kick.

- Touch the wall on back.

Avoid Vampire Neck:



Challenge 6: Flip 1st, Streamline on Back

Flip towards the wall.

Front flip, then streamline on back.

No breathing.



Goals:

- Master Streamline
- Long reaching arms
- Straight body position.
- Short distances are excellent for skill learning. Use them often.
- Do longer distances to break up monotony. Feel free to sprinkle 25's of FLY kick, float kicking, and more.

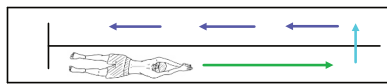
Activity 1:

Streamline to the flags

3 x Streamline w/ all 3 things.

If possible use a lane.

Otherwise, use a space of about 5 yards/meters.

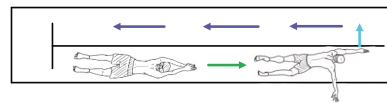


Activity 2:

Streamline + 3 FREE

Streamline first; do all 3 things. Swim FREE for 3 strokes.

- No breathing
- Strong kick
- Focus on reaching arms to 11.



Challenge 1:

SL on belly, Flip, 11 Back

Push off the wall in SL on the surface. At the flags do a front flip.



-Without touching the bottom or wall, or anything, kick on your back in 11 back to the start wall.

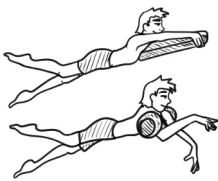
Activity 3:

Kicking

Do a 50 FREE or BK Kick.

If you have FINS use them.

Use boards.



Activity 4:

Streamline + 5 FREE + Breath

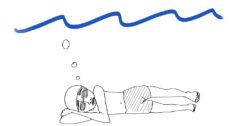
3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 2:

Goldilocks

Float underwater, on your side, like you're sleeping, perfectly in between surface and bottom.



Activity 5:

Streamline on Back

3-5x Streamline on your back.

Do all on the surface. If able, then start underwater.



Activity 6:

Streamline + 5 FREE + Breath + Flip

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 3:

Splash your Neighbors



Sit on the side of the pool. Make splashes with your feet using...

- The top of your foot.
- The OUTSIDE of your foot.
- The bottom of your foot
- The INSIDE of your foot**(BR)

Safety Tips:

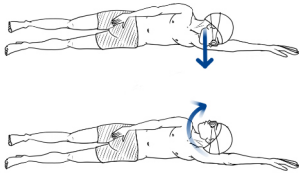
Pay attention, even in shallow water and short distances.

Look for signs of fatigue.
-struggling to breathe, body upright in water, doggy paddle.

You're doing lots of repetition. Extend the challenges or activities that get results if needed.

Activity 7: Streamline + Side Glide + breath

3-5x start in SL, then roll on your side, and kick past the flags. Do at least 3 breaths rotating head.



Activity 8: Streamline on BK + 3 BK

3-5x Begin SL underwater.

Streamline to the flags with kicks on back.

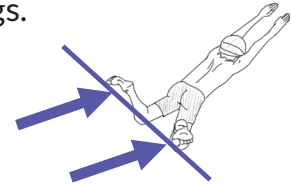
After the flags keep kicking and do 3 BK strokes.

Count when thumb exits water.

Challenge 4: Push off the wall with BR Feet

Put the inside of your feet on the wall.

Push off in soldier and get past the flags.

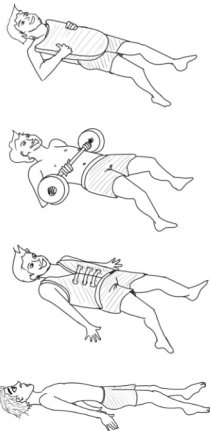


Activity 9: Back Kicking

1 X 50 or equivalent.

GOAL: use floats or fins to keep moving.

Focus on using feet to move.



Activity 10: SL + 5 BK + Roll + Flip

3-5x All on surface.

SL on back to flags. Do 5 BK strokes.

Roll on tummy and do a front flip.



Challenge 5: Handstand Rewind

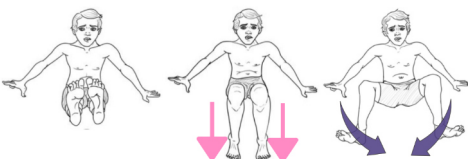
Push off the wall and do a handstand on the "T" mark.

Pause for 2 seconds.

Push off with your hands, and "rewind" so your feet touch the wall, where you began.

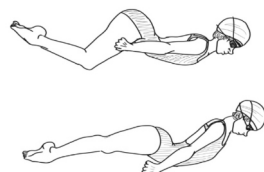
Activity 11: BR Kick on the Side

Do 10 slow breaststroke kicks while sitting on the side.



Activity 12: 3 x SL + FLY Kick to the flags

Streamline with fly kicks.
- At surface put hands in soldier.
- Using the hips and chest undulate (fly kick) to the flags.



Challenge 6: Lay on the bottom

Put your shoulders and butt on the bottom. Also...
- put two feet on the wall
- put 2 feet on wall in the bottom corner of pool
- put 1 foot on 1 wall, and 1 foot on another.
- Tilt your head; look behind.

Goals:

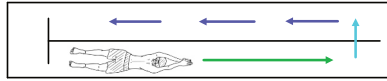
- Comfortable freestyle arms reaching to position 11 with each stroke.
- Freestyle breaths to the side without lifting or struggling. Focus on kicks and body position strength.
- Do lots of reps of streamline + free and SL + BK to master the strokes.
- Use longer distances as tests.

Activity 1:

Streamline + 3 FREE + Flip

3 x Streamline then do 3 free without breathing. Then do a front flip.

- Attempt no breathing
- Focus on good SL underwater and good arms above.

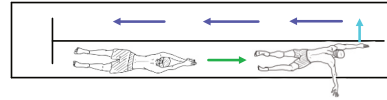


Activity 2:

Streamline to flags + 3 BK

3 x Streamline underwater on back.

- Stay in SL to the flags.
- After the flags, do 3 BK strokes counting when thumb exits the water.

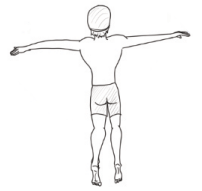


Challenge 1:

Push off the wall in Airplane

Push off the wall in airplane position on the

- surface
- underwater



See who can go the farthest without kicking or breathing!

Activity 3:

Swimming!

Do a 50 FREE or BK.

If you have FINS use them.

Rest as often as needed.

GOAL:

- Do the whole distance without stopping.

Activity 4:

Streamline + 5 FREE + Breath

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 2:

Lay on the bottom

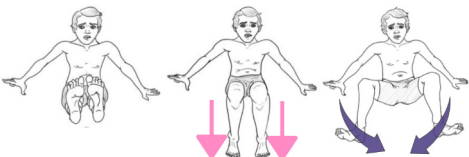
Get to the bottom of the pool, put your belly button, 1 big toe, and your nose all on the bottom at the same time;

- for 2 seconds
- for 5 seconds

Activity 5:

BR Kick on the side

Do 10 slow breaststroke kicks while sitting on the side.



Activity 6:

Streamline + 5 FREE + Breath + Flip

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 3:

Splash the deck

Facing the wall, make waves high enough to splash the deck (rise over the edge).

- Hands must NOT go above the surface. Create waves UNDERWATER to make splashes.

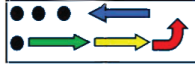
Safety Tips:

Always watch your swimmers. Even as mastery increases.

Keep your distance swimmers close to a wall, and provide direct assistance if needed.

Walk with your swimmers. Avoid sending them to the other side of the pool while you stay put.

Activity 7:



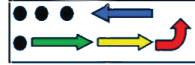
Streamline + Position 1 breaths

3-5x start in SL, then in position 1 do 3-5 breaths to the side.

- Only move the head.
- Focus on kick and straight body posture



Activity 8:



3 x SL + FREE to ½ way

3-5x Begin SL underwater.

- Do all 3 things for SL.
- Encourage long reaching to position 11 arms.
- Side breaths only.



Challenge 4:

Push off the wall with hands

In a streamline position (reverse) push off the wall with your hands to move feet first.

- Without kicking or breathing see who can go farthest!

Activity 9:

Kicking

1 X 50

Free, Back, or FLY kick; give your swimmer a choice.

Use fins, kickboards or not. Up to you! Magic

Activity 10:



SL + 5 BK + Roll + Flip

3-5x All on surface.

SL on back to flags. Do 5 BK strokes.

Roll on tummy and do a front flip.



Challenge 5:

Handstand Rewind

Push off the wall and do a handstand on the "T" mark.

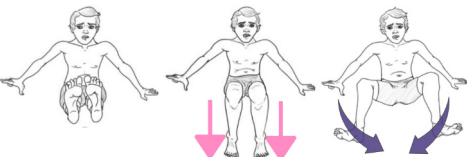
Pause for 2 seconds.

Push off with your hands, and "rewind" so your feet touch the wall, where you began.

Activity 11:

BR Kick on the Side

Do 10 slow breaststroke kicks while sitting on the side.

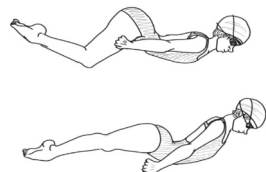


Activity 12:

3 x SL + FLY Kick to the flags

Streamline with fly kicks.

- At surface put hands in soldier.
- Using the hips and chest undulate (fly kick) to the flags.



Challenge 6:

Create your own!

Invent your own challenge!

- What skill do you want to work on?
- What is something fun to do?

Now, make it harder. Put a roadblock in front of it like... no breathing, eyes closed, etc.

Goals:

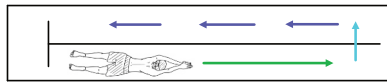
- Comfortable freestyle arms reaching to position 11 with each stroke.
- Freestyle breaths to the side without lifting or struggling. Focus on kicks and body position strength.
- Do lots of reps of streamline + free and SL + BK to master the strokes.
- Use longer distances as tests.

Activity 1:

Streamline + 3 FREE + Flip

3 x Streamline then do 3 free without breathing. Then do a front flip.

- Attempt no breathing
- Focus on good SL underwater and good arms above.

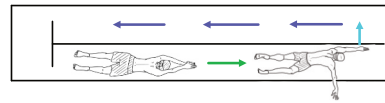


Activity 2:

Streamline to flags + 3 BK

3 x Streamline underwater on back.

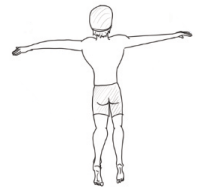
- Stay in SL to the flags.
- After the flags, do 3 BK strokes counting when thumb exits the water.



Challenge 1: Push off the wall in Airplane

Push off the wall in airplane position on the

- surface
- underwater



See who can go the farthest without kicking or breathing!

Activity 3: Swimming!

Do a 50 FREE or BK.

If you have FINS use them.

Rest as often as needed.

GOAL:
- Do the whole distance without stopping.

Activity 4:

Streamline + 5 FREE + Breath

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 2: Lay on the bottom

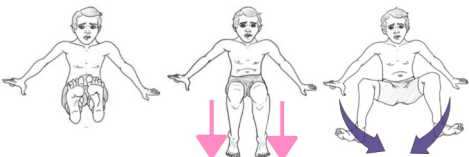
Get to the bottom of the pool, put your belly button, 1 big toe, and your nose all on the bottom at the same time;

- for 2 seconds
- for 5 seconds

Activity 5:

BR Kick on the side

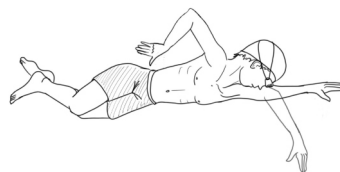
Do 10 slow breaststroke kicks while sitting on the side.



Activity 6:

Streamline + 5 FREE + Breath + Flip

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 3: Splash the deck

Facing the wall, make waves high enough to splash the deck (rise over the edge).

- Hands must NOT go above the surface. Create waves UNDERWATER to make splashes.

Safety Tips:

Use shallow water as much as possible.

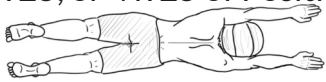
Pay attention to fatigue and struggling to breathe. Don't require long swimming if participant is weak.

Be in the water as often as possible. Swimming to you instead of the flags can help build confidence.

Activity 7:

Position 11

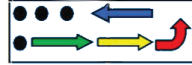
Do 2 x 25, or 4 x 25 of Position 11.



Use fins if possible.

Review 3 things to a good SL and a good Pos. 11 together. Have swimmers repeat to you.

Activity 8:



5 x SL + Position 11 for 5 kicks + 1 FREE

Streamline, then at the surface kick in Pos. 11 for 5 kicks, keep kicking and do 1 FREE arm stroke, keeping other arm in 11. Stop. Return to wall and repeat.



Challenge 4:

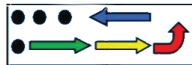
Flip without using hands

Start in a front float. Hold for 3 seconds.

With hands tucked into waist (not used) do a front flip.

If any arm or hand motion helps, it is a "fail."

Activity 9:

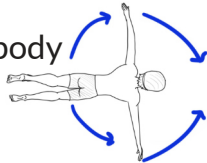


3 x SL + 1 Fly Arm stroke

No Kicking.

Streamline underwater. At the surface do 1 fly arm motion. Just the motion.

Okay if it pushes body backwards.

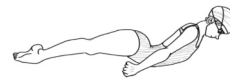


Activity 10:

50 FLY Kick



1 x 50 Fly Kick.



Use fins if possible.

If swimmers strong increase to 2 x 50, or more.

Challenge 5:

Position 11 underwater on +

Put 2 hands underwater on the horizontal line of the + mark on the wall (in a lane). Keeping body in Pos. 11, with elbows straight, do 20 kicks staying in Pos. 11 underwater.

BONUS: Put head against the wall only, arms in soldier and do 20 licks.

Activity 11:

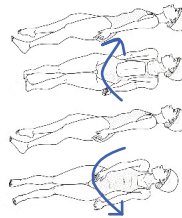
2 x 25 FREE Drill: Fists

Swim free with your hands in a fist. Push with forearm.



Activity 12:

2 x 25 HLBw/R



Head Lead Balance with Rotation.

Start on BK.

Head does not move. Hips rotate to 90°
Hips drive rotation. Kick to move.

Challenge 6:

Create your own!

Invent your own challenge!

- What skill do you want to work on?

- What is something fun to do?

Now, make it harder. Put a roadblock in front of it like... no breathing, eyes closed, etc.

Goals:

- Build confidence through longer distances and build endurance.
- Introduce drills to promote stroke mastery. Move beyond sloppy and wild and move towards control.
- Strictly enforce streamline. If you see someone NOT streamline, stop them and correct one of 3 things.

Activity 1:

1 x 100 IM Kick

No board. 1 length of each stroke. All kicks in soldier position.

- On free turn the head to the side; can rotate body.

Activity 2:

2 x 50's

Can be instructor's choice. FREE, Back, BR, or FLY. Or kicking w/ or w/o fins.

Same or different strokes.

Challenge 1:

Question of the Day:

What stroke(s) does position 11 work on?

Correct: Do 10 kicks in Position 11 then do 3 front flips.

Wrong: Do a 50 Position 11 w/ FINS

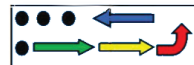
Activity 3:

5 x SL + 2x (5 Kicks in Position 11 + 1 FREE)

Do everything inside the () two times.

Look for strong position 11 with straight arms and a powerful kick. Arm stroke only moves 1 arm. Other stays in 11.

Activity 4:



Streamline + 5 FREE + Breath

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



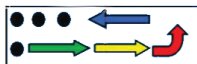
Challenge 2:

Belly Button and Toes up

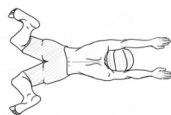
Keep your belly button and 10 toes above water for 4 seconds.

No touching other things, people, or bottom.

Activity 5:



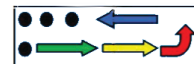
3 x SL + 2 BR Kicks



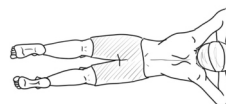
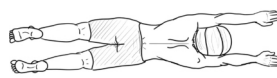
Stay in streamline the entire time. Best if remain underwater, but not required.

Focus on correct kick that makes swimmer move.

Activity 6:



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



Do the breaststroke arm MOTION, not a swim.

Focus on elbows high, scoop to the mouth, then back to 11.

Challenge 3:

3x Both arms at same time BK

Without a push off the wall, do 3 double arm backstroke strokes to the flags (from the wall) w/o kicking.

At the wall do a knees tucked backflip.

QofDay Answer: All of them!

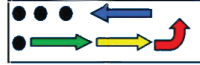
Safety Tips:

Use shallow end or where swimmers can stand if possible.

Pay attention to fatigue and struggling to breathe. Don't require long swimming if participant is weak.

Be in the water as often as possible. Swimming to you instead of the flags can help build confidence.

Activity 7:



5 x SL + FLEX

Review on the deck first.

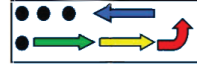
Hold streamline throughout.

Enter flex position after push off the wall.



SL + Flex

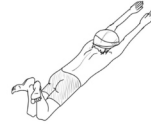
Activity 8:



5 x SL + Lift and Flex

Start in Streamline, lift the feet by bending the knees.

Once bent, flex feet. Pause in that pose 2 seconds.



Lift & Flex

Challenge 4:

Push off the wall with BR feet.

Put the inside of your feet against the wall, like you would for BR kick.

Push off the wall, using the INSIDE of your foot.

Get 5 yards without kicking in soldier, and do again in SL.

Activity 9:

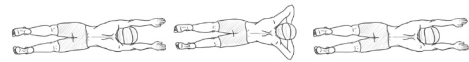


5 x SL + 2x (11, Eat, 11)

No Kicking. Not swimming. Do the arm motion.

Streamline underwater, do the arm motions of 11, Eat, then 11.

Elbows stay high.



Activity 10:



5 x SL + 1 x 11, Eat & Breath, 11

Add a breath during the "eat" portion.

Head raises with "eat" and goes back under on returning to 11.

No kicking. SL underwater, 11, eat and breath, 11 on the surface.

Challenge 5:

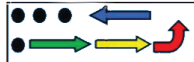
Do 11, Eat, 11 on your back

Floating on your back, do 11, Eat, 11 over and over with either flutter kick or BR kick to get you 5 yards.

SUCCESS = face always staying above water, and 11, Eat, 11 done correctly.

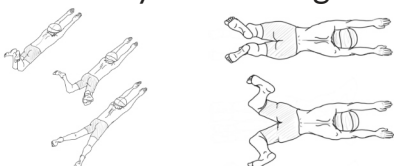
BONUS: Do underwater!

Activity 11:



3 x SL + 2 BR Kicks

Demonstrate BR kick on land first. Then have someone that "knows it" demonstrate in the water. Stay in SL during kicks.



Activity 12:

5 x SL + 1 BR arm w/ a breath + 1 BR Kick in 11

Streamline underwater. At the surface do 1 x (11, Eat & Breath, 11), then when back in 11, do a breaststroke kick.

Arms with a breath, then kick and GLIDE!

Challenge 6:

Create your own!

Invent your own challenge!
- What skill do you want to work on?
- What is something fun to do?

Now, make it harder. Put a roadblock in front of it like... no breathing, eyes closed, etc.

Underwater and Glides

Underwater:

Ask swimmers to go underwater repeatedly throughout lessons.

Give commands:
 - Kiss the water
 - Put your nose in

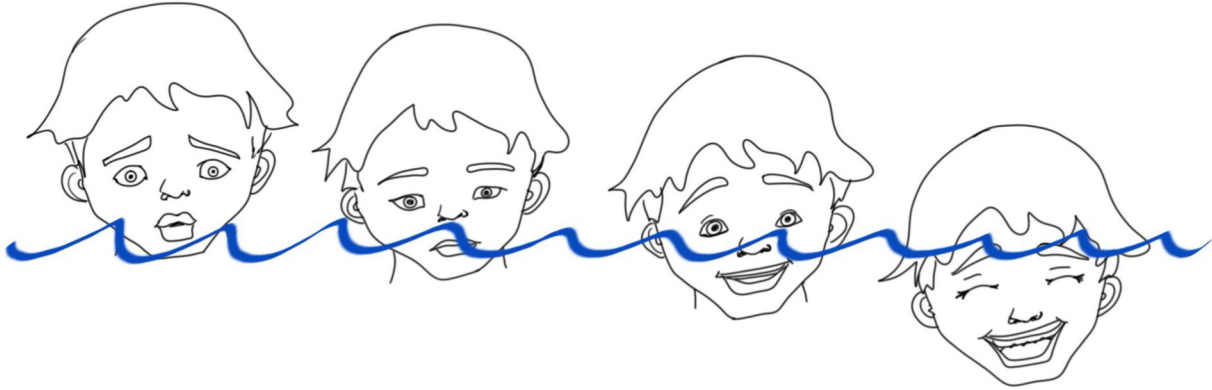
If swimmer does one, ask/tell them to do the next. Repeat at their comfort. If they kiss, ask to put lips in. If they do nose, ask for eyes.

Kiss the water

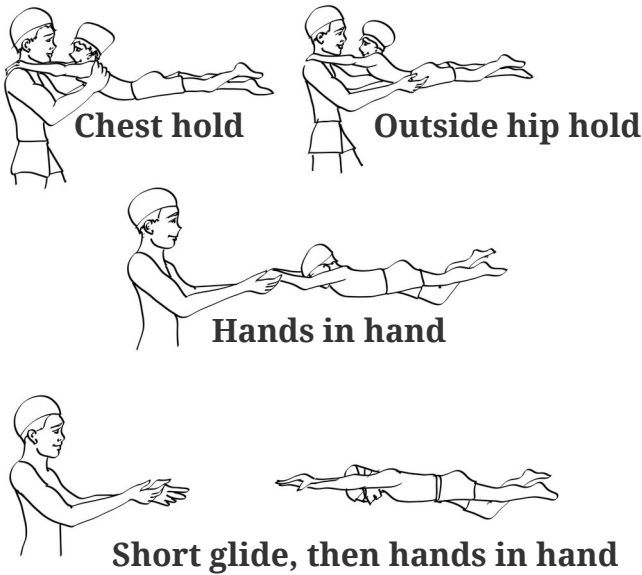
Lips under

Nose under

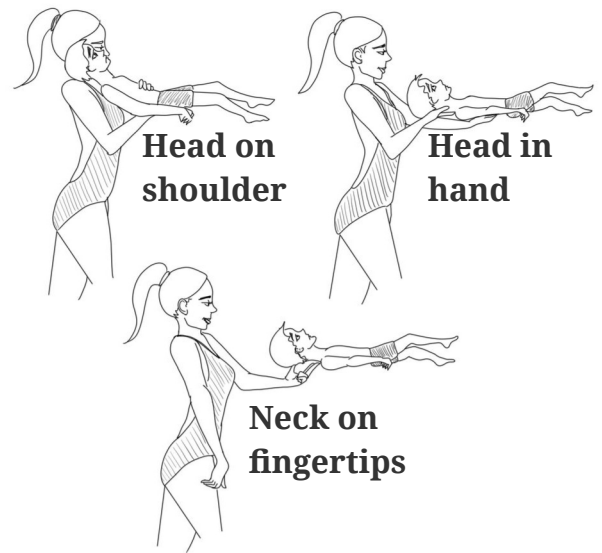
Eyes under



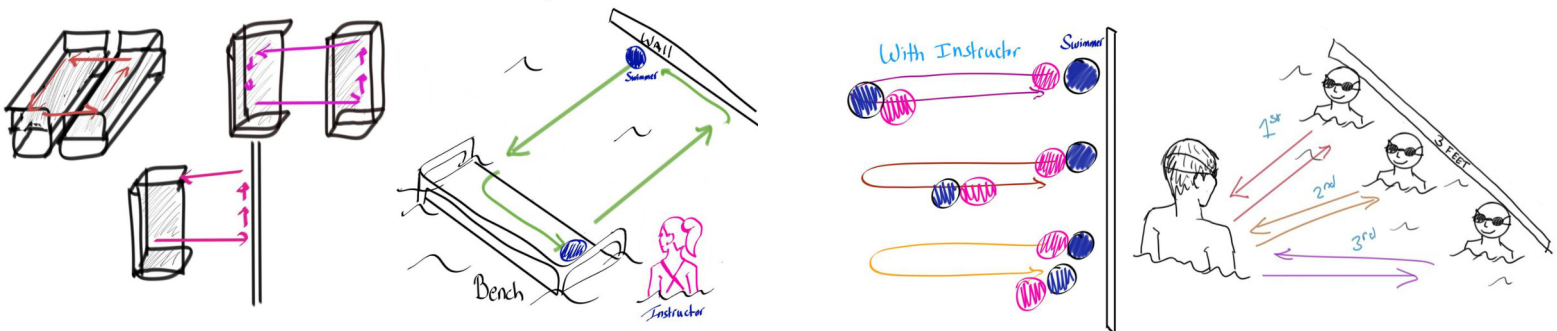
Front Glides:



Back Glides:

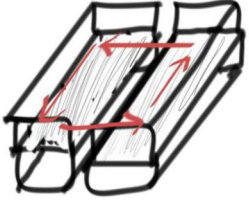


Setting up your space with benches or without:



Follow this formula for your lessons: Activity, Activity, Game

Circle Moving:



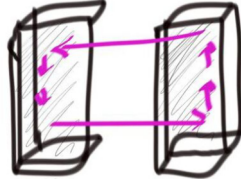
Get them moving!
Have swimmers move in a counter clockwise motion around the corners of the benches, or in a small walkable area.

Have each swimmer touch each corner.

Move, without stopping, for 4 complete squares.

No benches? Follow same pattern in shallow water.

Moving +:



Separate the benches by 1 foot.

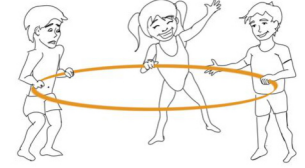
Keep swimmers moving touching each corner. Avoid pauses or stopping.

When they get to the gap, must "kiss" the water then cross.

Advanced swimmers can put nose in, or eyes.

Goal: put face in water and "swim" across.

Bake a Cake:



Take turns, splash ingredients into cake.
Mix it up with your whole arm.
Push cake into oven (under bench).

- Do Front glides, jumps, or circle moving.

Check on cake, "Is it ready?" eyes under.
Pull cake out from under, ask for help.
Blow on cake to "cool it off."

Eat cake with hand scooping water or making loud goofy noises face in water.

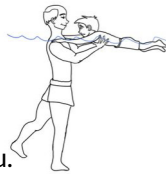
Front Glides:



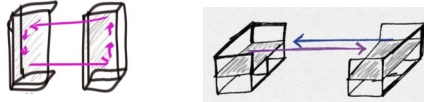
Start close so swimmer can begin with hands on shoulders.

Increase distance away over time.

Make swimmer reach for you.



Front Glides +:

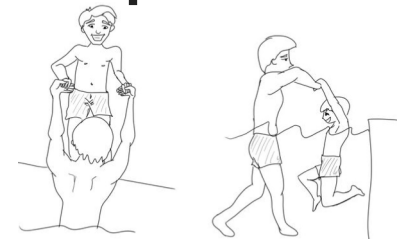


Keep swimmers moving. Avoid letting them stop unless getting feedback from instructor.

Separate the benches so they must jump, glide, or reach across the gap.

Goal is a front glide without help over a sizable gap between 1/2 - 2 body lengths.

Jumps from side:



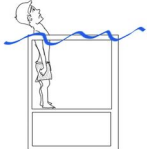
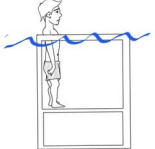
Have swimmer hold your hands.
Control the depth they jump in with your arms by keeping elbows high.

"Do you want to go underwater?"

Adhere to their yes, or no.

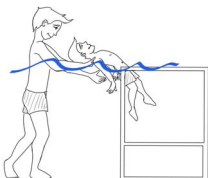
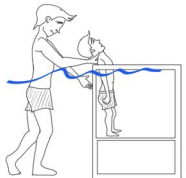
Back Glides:

"Turn around." "Tilt head back"



Support neck

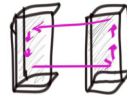
"Push off with me"



Back Glides +:

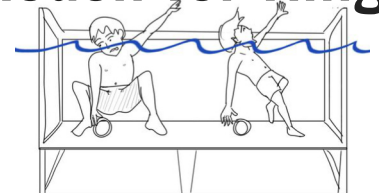
Have swimmers move from bench to bench using a float or assist tool.

- Kickboard, Barbell, Lifejacket.



- Enforce script:
"Shoulders in the water."
"Tilt your head back."
"Push off on your back."
"Press your belly up."

Reach for Rings:

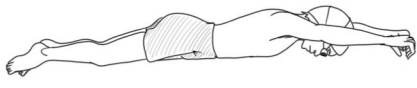


Place rings on the bench, or just beyond the length of the swimmer's reach.

- Put chin in water, put nose in water to get.
- Raise toy to their comfort if won't put eyes in. Lift off bottom. Strike a cool pose!

Crawls and Breathing

Front Crawl Arms:

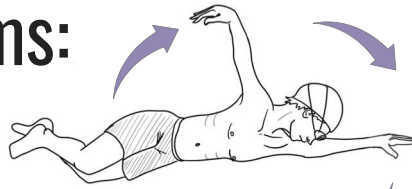


Begin and finish each stroke in position 11.

Swim one arm at a time, catch up stroke. Pause in 11.

Body should remain at surface and head aim directly down.

Advanced: Flow through Position 11 as target; no pause.

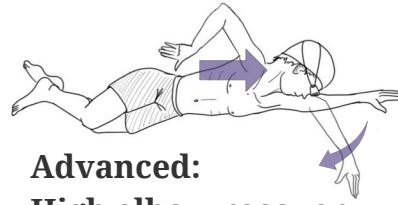


Beginner: Arm Circles

Focus on large arm motions, circles, reaching, over water.

Avoid correcting hand position or a "pretty recovery."

Main goal is push water back, recover above the water.

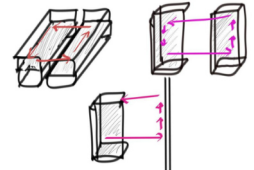


Advanced: High elbow recovery

Vertical forearm pull, or front quadrant swimming.

Recover with elbow higher than hand. Hand travels forward near water surface.

Swing hand wide away from hip.



Start short, go farther.

Keep swimmers moving. Repetition is best.

5 x SL + 3 FR

6 x SL 1/2 way to bench, FR arms rest.

Breathing:

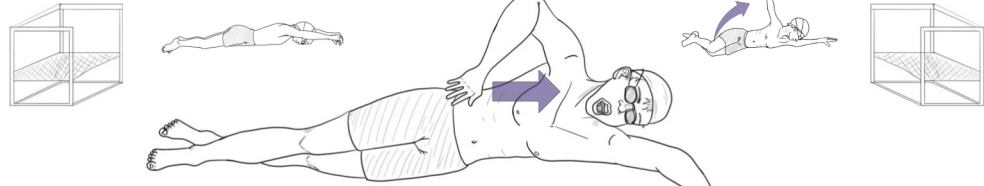


Practice head motion; standing, controlled

Standing, turn head over one shoulder, then forward. Repeat.

Look down with only face in water, turn to side. Breathe

Easier while standing or kneeling with back at surface.



Comfort, repetition, glide, swim, breath

Avoid head lifting up out of water. Keep body flat!

Introduce breaths to side when swimmers are comfortable swimming front crawl with a strong kick, propulsive arms, and head aimed down.

Glide 1/2 distance, do arms other 1/2 with 1 breath.

Remove fear and anxiety by keeping distance short.

Limit to 1 breath; allow practice under safe, familiar conditions.

Feedback on timing, head turn, return face down after breath

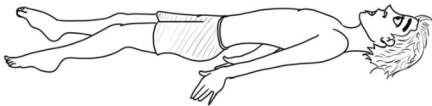
Cheek, Ear, Lips, Eye

Keep one of each in water during breath.

6 x SL + FR + 1 breath, bench to bench.

3 x glide, arms, 1 breath to instructor.

Back Crawl Arms:

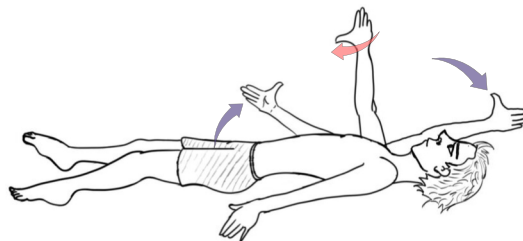


Body position 1st! train comfort & relax

Flat body line, belly near surface, head aiming up, ears in water.

Balance, learn head back feet up, attempt belly button high.

Be comfortable gliding on back using kick to move, knees low.



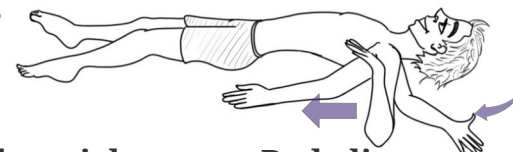
Thumb, "hi," pinky, push

Thumb lifts first out of water.

At apex, spin hand to wave "hi," palm out or away from belly.

Enter water with pinky first.

Anchor high in position 11.



Push/pull straight arm first, then bend elbow

Big circles best at first, ignore hands and bending until large "motion" is mastered.

Teach hand turning at height of reach 1st, then bent elbow pull.

Refine arm travel after comfort.

Body line, hip rotation

Hips and shoulders rotate with arms.

6 x glide on back 1/2 way, arm strokes 1/2.

Avoid pauses near hips keep arms moving.

Crawls and Breathing

Follow this formula for your lessons: Activity, Activity, Challenge

Glides & Arms:



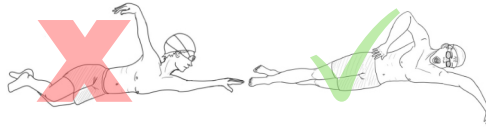
Glide first with face starting in water, begin arm strokes to get to other bench.

Do close enough so breaths are not required, head down, strong kick.

Keep moving, like circle swimming.

Arms should provide extra movement forward, large circle motions first, ignore cupped hands. Encourage "arm circles."

Arms w/ Breath:



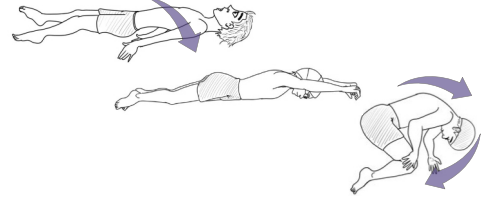
Glide 1st, add arms 2nd, do 1 breath.

Keep moving. Glide, arms and kick, must do one breath. Move bench to bench, like circle swimming. Keep distances short.

Many will lift head to breathe, or take too long to breathe and lift to keep from sinking.

Quick side breath. Ear, eye, lips in water.

Float, spin, flip



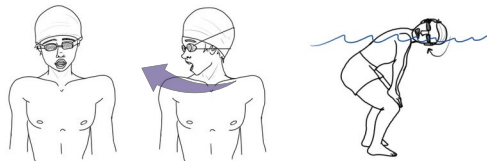
Float on back for three seconds, spin to belly float on stomach, do a front flip, if possible.

"Make an attempt." Most beginners will balk at flips, or floating on back.

Roll from back to front, or front to back can be an effective way to teach breathing.

Flips promote turns and breath control.

Breaths to side:

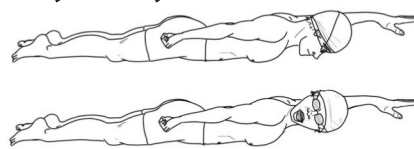


While standing turn head to side over shoulder.

10 x Look forward, turn head to side, breath in, look forward breathe out.

Bobs and face in water side breaths too.

SL, 11, 1 + breath:

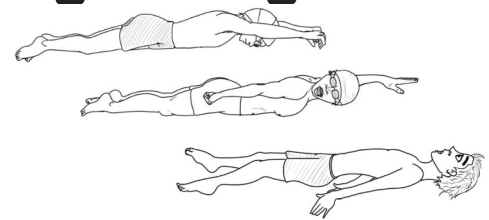


Strong kick throughout. Quick side breath.

Stop after breathing and looking down.

When breathing keep cheek, ear, side of mouth, in water. Fast, rotate down.

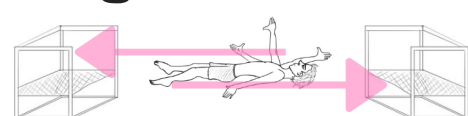
Log Rolling:



Have swimmer begin in front float, twist on side and keep rolling along their spinal axis.

Take breath to the side, or on back, and keep spinning like a log rolling in water.

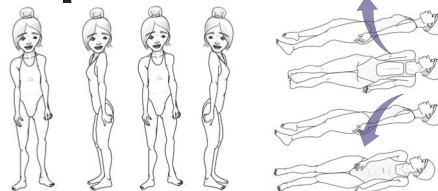
BK glides & arms:



Moving from bench to bench, or from wall to instructor, give swimmers many opportunities to glide on their back with a strong kick and move arms.

Encourage constant arm motion. Focus more on large arm movements before you adjust push and hand.

Hip rotation:



While standing rotate hips, shoulders, and feet without letting head move. Head remains focused forward, or up.

Kick to move, rotate hips including shoulder to 90°. Head remains still.

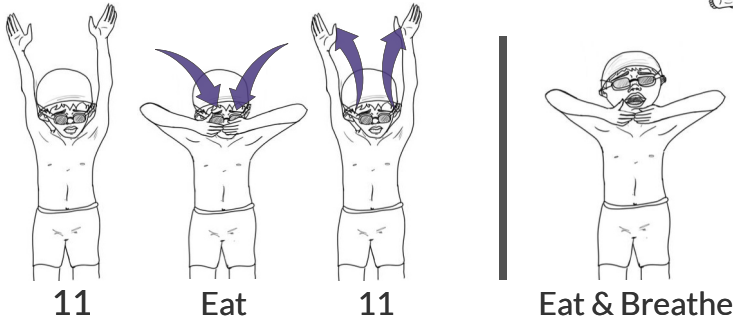
Dive for rings:



Place rings on the bottom. Swim FR to rings, get, then BK K back to start w/ ring on belly. Encourage swimming underwater using FR kicks, or fly kicks. BR if known.

Challenge: do a flip underwater after getting ring. Add a SL jump off bottom.

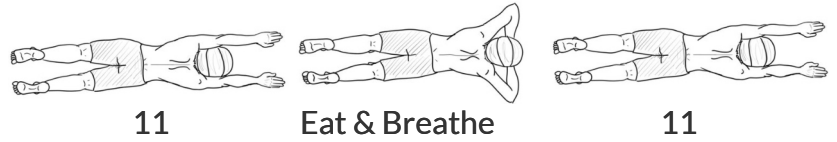
Introduce Arm Motion:



Do lots of repetition while standing on deck.

Beginner: 11, Eat, 11.

Advanced: 11, Eat & Breathe, 11.



11

Eat & Breathe

11

Practice In water. Motion first.

For beginners, arms provide VERY little forward pull. Teach the arm MOTION.

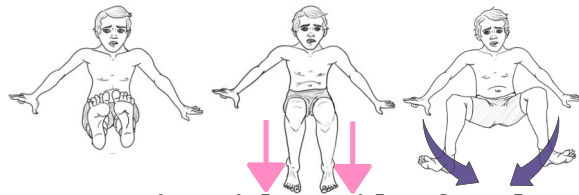
"Eat" should help the head breathe. Connect so when arms move forward, face pushes underwater.

Streamline with no kick + 1 x (11, Eat, 11)

Streamline with no kick + 1 x (11, Eat & Breathe, 11)

Feel the Kick:

FLEX

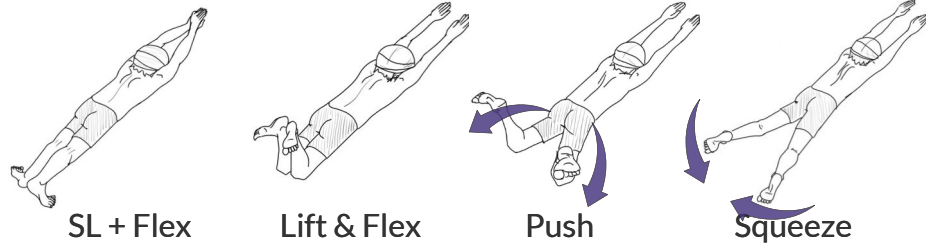


Practice Kick on side of pool

Teach "FLEX" first; heels together, toes out, toes up.

- 1) Legs straight, butt on edge of ledge.
- 2) Bend knees, push feet down.
- 3) Flex.
- 4) Inside of feet draw circle, push and squeeze water.

Knees closer together better, but allow for large motions.



SL + Flex

Lift & Flex

Push

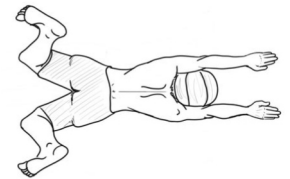
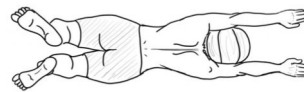
Squeeze

Practice In water. Motion first.

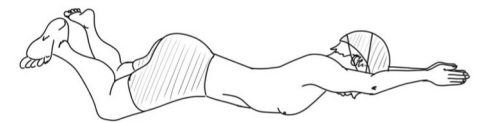
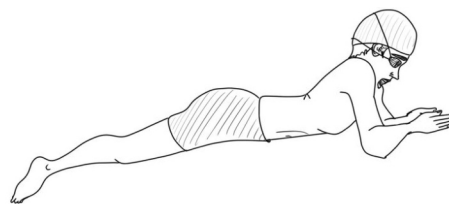
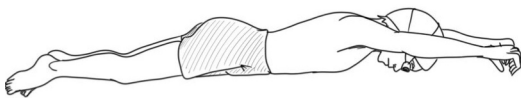
Streamline with no kick + Flex

Streamline + Lift and Flex

Streamline + 2 BR Kicks



Arms, Kick, Glide:



Glide. Begin in 11.

Begin most Breaststroke swimming with short distances. Limit to 1 or 2 strokes. Increase distance swam as ability increases.

Streamline, glide in 11 at surface.

Eat and breathe.

Separate the arms from the kick to begin, as ability increases trim pause between arms and kick.

Beginners: Do the arms alone, independent of legs.

Must breath on every "eat."

Return to 11.

After breath, as hands move forward, press head down between elbows.

Aim head down.

Return to Position 11

Kick and Glide.

In position 11 do a BR kick.

Lift and Flex, push and squeeze.

Focus on strong kick.

Glide in Pos. 11 for 2 seconds. Repeat to Eat and Breathe.

Follow this formula for your lessons: Activity, Activity, Challenge

Flex:



Review on deck first.

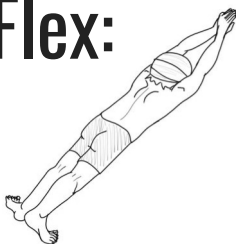
Feet together. Toes out, toes up.

Notice how the big toes lift upwards.

Encourage a hockey stick shape to feet and leg.

When kicking in water will flare feet into flex, but beginners will need to initiate first.

SL + Flex:



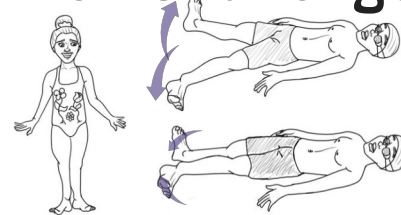
Streamline underwater. Immediately after push off wall maintain streamline and flex feet.

Toes aim apart (at the walls) and toes curl upwards.

Float and hold flex position.

Do three - five times. Goal is to hold FLEX to build a habit of it.

Flex Challenge:



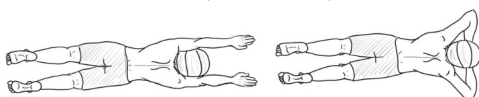
Walk around the deck with feet flexed the whole time, waddling like a penguin.

Lay on back and open and close legs with feet flexed as if legs are scissors.

Slap the inside of foot with foot held above water 5 times.

Tap, Tap, Push: use inside of foot to push a toy across the deck. Tap = light touch.

SL + 11, Eat, 11:



SL or Glide a short distance.

At surface move into Position 11. Pause.

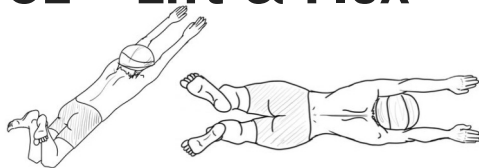
Move to "Eat." Pause.

Return to Position 11. Pause.

Stop and repeat. Learn arm MOTION.

NOT swimming or pulling or circles.

SL + Lift & Flex:

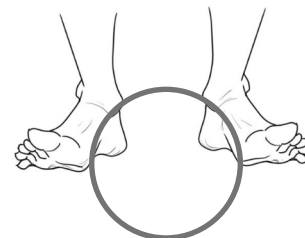


Streamline off wall. At surface move into Position 11.

Lift feet up bending at knees.

Flex feet; toes out and curled. Pause. Hold for 2-4 seconds.

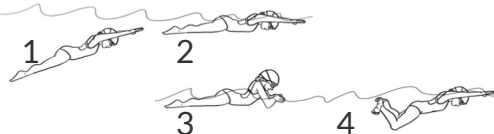
Flex Hula Hoop:



Get a partner. One person sits on edge of pool. Other holds hula hoop in water at other's feet.

Draw heels around the outside of the hoop.

SL + 1 BR + Glide:



1) Streamline underwater

2) 11 at surface

3) Eat and Breathe

4) In 11 do a BR kick and Glide

Start doing arms alone, then kick by itself.

Chip away at pause between as swimmer improves glide and timing.

BR Drills:

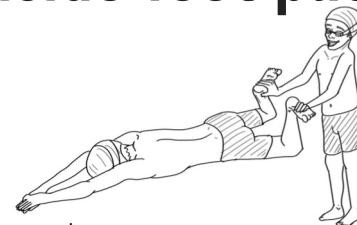
BR Arms with FREE kick:

Flutter kick while doing 11, Eat&Breath, 11. Keep kick going strong throughout, fast arms. Do 5 kicks in 11 to emphasize the "glide."

BR Arms with FLY kick:

Do a single undulating fly kick with each arm stroke; hold brief glide in 11. Focus on how body rolls up and down like fly with every arm stroke.

Inside foot push:



Form partners or groups.

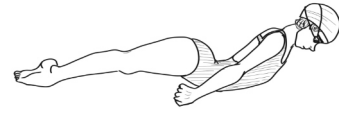
One person floats on surface with face down in SL position. Begin in "Lift and Flex" position. Partner holds inside of foot and they push each other to send the SL'er shooting away from the wall. Longest wins.

Undulation: Fly Kick



Hips roll and drive the body motion

The hips should constantly move, using the stomach to flex and press, to pull and push. If looking at a person kicking from the side it should resemble a sine wave or like a fluttering flag in the wind constantly moving. The kick should provide the body motion and the bulk of the power for the rest of the swim.

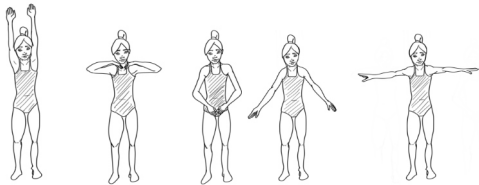


Press the chest, then press the hips

Practice pushing the chest forward and pulling the hips backwards, then reverse it.

Stand on deck, pausing at first, then transitioning to a constant body roll.

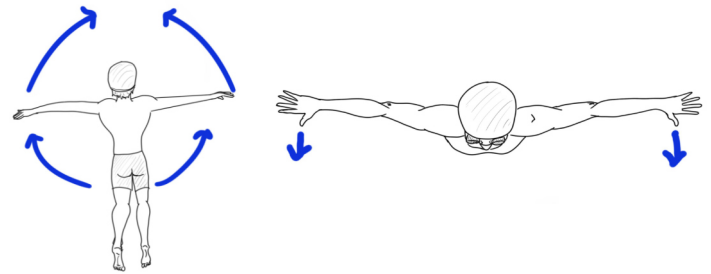
Arms: Straight and wide



Motion first, sweep around

Practice the arm motion, like a choreography, like a dance move, do slow sweeping arms to the sides and up while standing.

Aim the thumbs in the same direction as the belly button while the arms start low, swing wide through airplane, and clap the back of the hands above the shoulders in position 11.



Drag thumbs in water, then get over it

Begin with the arm movement, not "swimming." Glide, do no kick, and sweep arms around the body with head aiming down. Drag the thumbs through the water like drawing a large circle with both hands.

When arm motion is comfortable, and without straining shoulders, twisting elbows, or bending awkwardly introduce the kick.

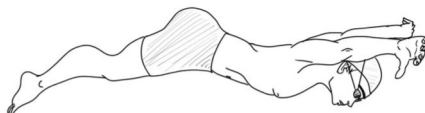
Rhythm and Flow: hips drive the arms



Breathe every other

Avoid breathing on the first stroke.

Pull hands underwater keeping close to under the body line without sweeping too far wide. Very powerful pull.



Arms in 11, Hips up

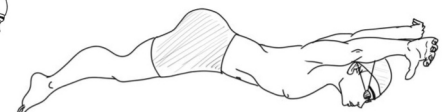
When the arms finish a stroke, returning to position 11, the hips or butt should lift up. Hips should rise as the chest presses arms forward into a long reach. Connect the hips to the flow of the arms so that they always rise reaching forward into position 11.



Breathe early

Take the breath at the beginning of the arm pull.

When the arms tug towards the belly lift head out of water forward for a quick breath before arms recover



Recover, have face in

As arms sweep wide and return to position 11 the face should finish the breath, and return to neutral position looking down with the whole face.

When not breathing, hold still as body undulates.

Follow this formula for your lessons: **Activity, Activity, Challenge**

Fly Kick with Fins:

Demonstrate the motion on deck first.

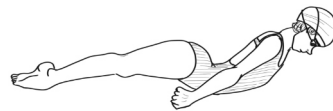
Streamline like normal, then put hands in soldier. Do fly kick with arms at the side, starting with the chest and rolling through the feet.

Bigger body motion is better for beginners. Let the hips pop up and down.

Let the knees bend and snap.

Start short distances, build up to 25/50 as comfort grows and breathing occurs.

Fly Kick:



Remove the fins and do short or longer distances of fly kick.

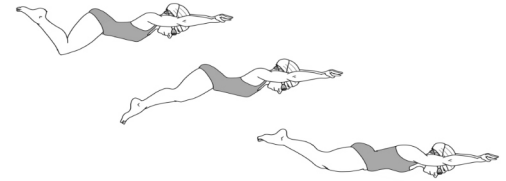
Demonstrate first, and then allow many opportunities to practice.

Some will be naturally flowing.

Encourage movement starting at the chest and rolling through the toes.

Ensure legs remain moving at the same time, together, as one movement.

SL with Fly Kick:



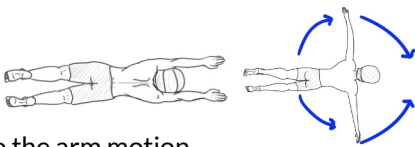
Walk around the deck with feet flexed the whole time, waddling like a penguin.

Lay on back and open and close legs with feet flexed as if legs are scissors.

Slap the inside of foot with foot held above water 5 times.

Tap, Tap, Push: use inside of foot to push a toy across the deck. Tap = light touch.

SL + 1 Fly arm:



Do the arm motion.

There is no kicking. This is allowing the arms to move in the butterfly arm stroke pattern, the dance, the move.

Push down under the body, then go wide, locking the elbows and aiming thumbs to the bottom. Sweep to position 11.

SL + 2 Fly, No K



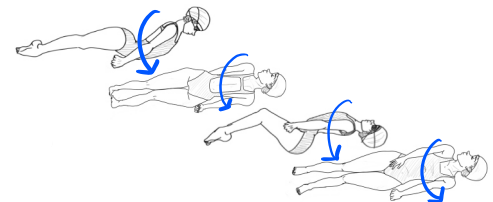
Focus on the arm motion.

Sweep wide through airplane. Keep thumbs aimed down; same direction as belly button until they get to 11.

Breathe at the beginning of pull. Head down as arms go around.

Add single kick at airplane going to 11.

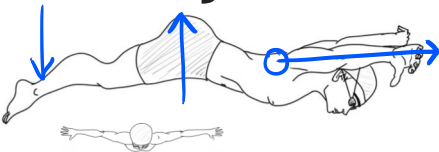
Around the world



Streamline. Do 4 fly kicks on every side.

- 4 fly kicks on belly.
- Rotate, 4 fly kicks on side.
- Rotate, 4 fly kicks on back.
- Rotate, 4 fly kicks on other side.
- Rotate, 4 fly kicks on belly.
- Repeat.

SL + 1 Fly + 1 Kick:



Delay the kick until the arms travel to airplane position.

Initiate the kick while throwing the arms to position 11.

Encourage strong body movement.

Hips should push up as arms reach to 11.

SL + 2 Fly



Streamline with butterfly kicks.

Keep kicking and do two fly arm strokes.

No breathing on the first stroke.

Must breathe on the second stroke.

Focus on arms straight as they go around and over the water.

Encourage hands in 11, hips go up.

Sprinkle Fly

Put fins on and sprinkle in some butterfly.

4 x 25: 2 strokes of fly then free the rest of the 25.

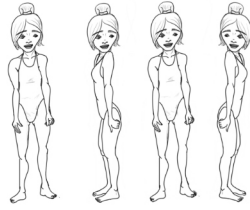
2 x 25: 2 strokes of fly, then fly kick the rest of the way.

3 x SL + 1 Fly stroke + 1 BR stroke

Challenge:

Push off the wall hinged at the waist, only hips remain above the water. Whoever gets the farthest wins.

Rotation:

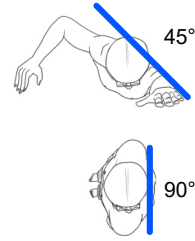


Rotate the hips, and the shoulders will follow.

Freestyle is considered a Long Axis drill; your body rotates along your spinal axis, or your spine.

Focus your instruction on the hips.

Beginners will want to move their shoulders, but this doesn't effectively move the trunk.



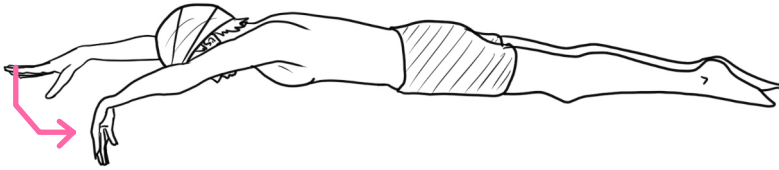
Exaggerate the angle drilling, roll subtly when swimming.

Doing drills at 90° to the surface of the water will over-exaggerate the rotation during swimming.

Hip angle to the surface during freestyle should not exceed 45°.

Drill more than 45° to get in the habit of using the hips to anchor the stroke and maximize your swimming strength.

Underwater Pull:

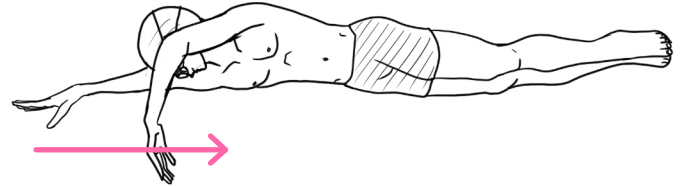


Palm down. Anchor. Pull

Coupled with a good hip rotation, anchoring the hand and forearm in front of the shoulders creates good "front quadrant swimming."

Emphasize the hook at the top after position 11, like pulling up over a ledge, and rotate through the arm pull.

As the hands get to the hips swing out.



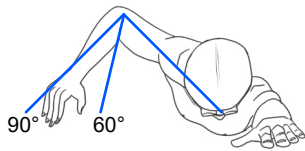
Hand and forearm down. Pull with a high elbow.

Use multiple drills like "Zombie Position 11," 1 arm only, Ready Catch Pause, and others to reinforce this anchored arm stroke.

Begin pulling and pushing against the water immediately after the hand enters it in position 11.

Full extension and reach, then immediate pull engaging the forearms and the pectoral muscles.

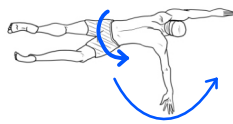
Recovery and reaching:



Swing wide; no zips.

Throw the hand wide like a compass between 60 and 90 with the elbow as the hinge.

Avoid zippering next to the torso as it hyper-extends the shoulder.

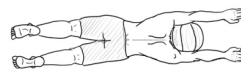


Rotate and toss

Finish the stroke in 11.

Rotate the hips with the swinging arm.

Arm recovers over the water wide returning to position 11 as the hips rotate down with that arm.



Reach to 11.

Beginners: Finish in a distinctly clear Position 11 with both arms before next stroke.

Advanced: Start next arm pull just before recovering arm gets to 11.



Quick breath.

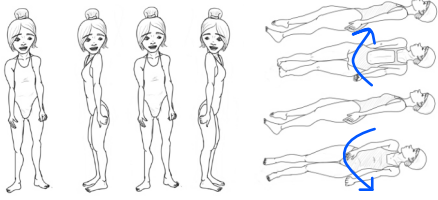
Sneak in a quick breath as the arm pulls back.

Breath should be complete by the time arm swings back into position 11.

Common Mistake: Late breath. Start on pull to fix.

Follow this formula for your lessons: Activity, Activity, Challenge

HLBw/R:



Head Lead Balance with Rotation.

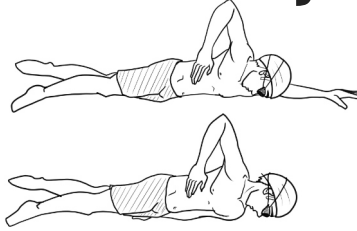
This is a drill to work on the body rotating.

The head remains still either looking at the bottom or at the ceiling.

Rotate everything but the head to 90° of the surface, then rotate the other way. The belly button will aim at both walls.

Drive the rotation from the hips. Avoid talking about the shoulders. If the hips rotate, the shoulders do too.

One Arm Only:



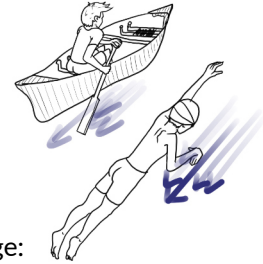
Combine HLBw/R with a single arm swimming freestyle.

This is a kicking and rotation drill as much as HLBw/R and simply adds a single arm moving.

The arm moves with the hips. As the hips rotate down, the same side arm extends to position 11.

As the arm pulls, rotate the hips so that when the arm recovers the same side hip is above the water.

Swim Flat Canoe



Challenge:

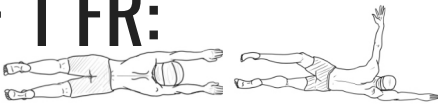
Swim freestyle as flat as you can. Be like a canoe paddling your arms.

This is the **WRONG** way to swim, but in doing something obviously incorrect we can learn how to do it well.

Keep your back flat and swim a 25 moving your arms without letting the hips roll or rotate along the spine.

Coaches/Instructors grade each attempt.

Position 11+ 5 K + 1 FR:

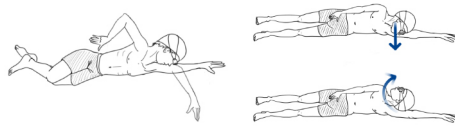


Kick in position 11 for 5 freestyle kicks and then continue kicking and do a single freestyle arm stroke.

Repeat for whatever distance you'd like. Can be done as a 3 x SL, and as 25's.

Focus on the arm that isn't doing the stroke to remain in Position 11. Strong Kick required.

3 FREE + 18 K

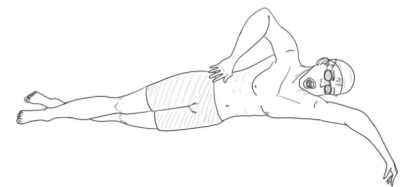


Swim 3 strokes of freestyle, then get on your side, laying on your arm with your nose inside your stinking armpit, looking down.

Kick on your side for 18 flutter kicks.

Breathe by rotating the head. Repeat.

Olympic Swim:

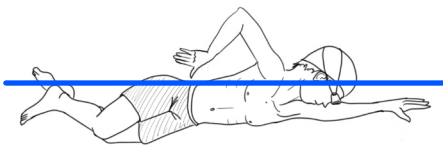


Swim your regular freestyle with excruciating slow speed.

Move the arms slowly, glide, have a strong kick.

Flow through the water with the effortless grace of an Olympic swimmer.

Fingertip Drag:

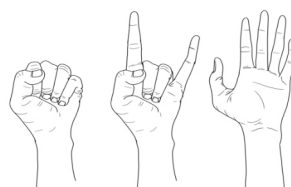


This drill is to help work on a high elbow.

When the hand recovers, or goes over the water drag the fingertips, or **JUST THE NAILS** over the top of the water.

Tickle fingers over the water surface while reaching up to position 11.

Fists, & 0,2,5



Fists Drill and 0, 2, 5 Drill:

These drills focus on the arm pull motion and how the vertical forearm aiming down pulls water.

Focus on long arm extensions and feeling the press of water against the wrists.

Breath Every 3:

As your swimmers practice and improve their arm strokes focus on the body position.

A rotating hip and maintained posture with excellent perpendicular to the bottom head position will go a long way to creating excellent freestyle.

Encourage breathing to any side at first but as you continue introduce breathing to both sides, or every 3 so as to balance out the stroke.

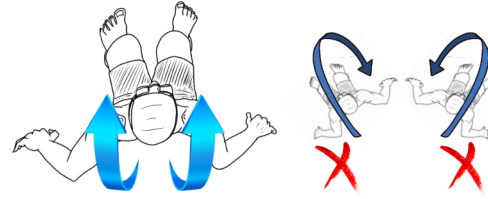
Flips and Upside down:



Somersaults and nose bubbles.

Front flips, back flips, front floats that turn into flips, handstands that turn into a flip, and anything you can imagine to practice spinning in the water and blowing bubbles out of your nose.

Tuck your chin, lift your butt, and roll forward.



Rotation control and foot targeting.

Flips should be without wobble. Legs should travel directly over the shoulders without a rotating tilt to the sides or twisting.

Practice full flips where you stand, flip, and stand looking in the same direction.

Practice half flips, where you go from a front float to a back float like a semi-circle or rainbow.

Approach and Flip:

Target the "T" mark, approach fast.

Coupled with a good hip rotation, anchoring the hand and forearm in front of the shoulders creates good "front quadrant swimming."

Emphasize the hook at the top after position 11, like pulling up over a ledge, and rotate through the arm pull.

As the hands get to the hips swing out.

No twist flip, land on back with two feet.

Use multiple drills like "Zombie Position 11," 1 arm only, Ready Catch Pause, and others to reinforce this anchored arm stroke.

Begin pulling and pushing against the water immediately after the hand enters it in position 11.

Full extension and reach, then immediate pull engaging the forearms and the pectoral muscles.

Power push and Streamline on back:

Shoulder wide feet

Land on the wall underwater with two feet balanced on the wall.

Feet shoulder width or a little wider apart.

Triangle is two feet and head.

Flat back

Avoid flipping too far. Head should not bend into knees.

Back should be flat with knees bent and feet planted on wall.

Lean head backwards with hands near crown ready to grow into a streamline.

Scoop hands to head.

During the flip, avoid spiraling arms near sides.

Scoop the hands from hips up to the face/head.

Hands push water towards head to help the flip and prepare for SL.

SL on Back

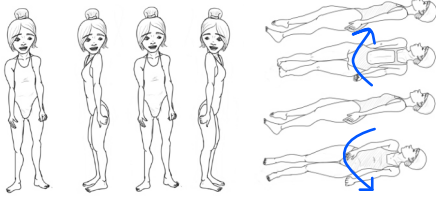
Sneak in a quick breath as the arm pulls back.

Breath should be complete by the time arm swings back into position 11.

Common Mistake: Late breath. Start on pull to fix.

Follow this formula for your lessons: **Activity, Activity, Challenge**

Belly Bottom:



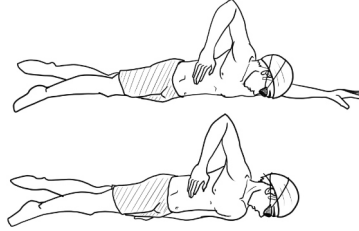
Belly button and chin touching bottom of the pool at the same time for 4 seconds.

Blow bubbles out of your nose to stay submerged.

Emphasize nose bubbles.

Practice sinking down and changing body position underwater to prepare for flips.

Shoulder Bottom:



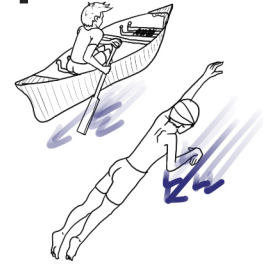
Shoulders, and back, touching the bottom looking at the surface for 4 seconds.

Blow bubbles out of your nose to keep water from getting in, and to look up without discomfort.

Focus on nose bubbles and exhaling to sink to the bottom and stay there.

Build comfort looking up at surface.

5 flips in 10 secs



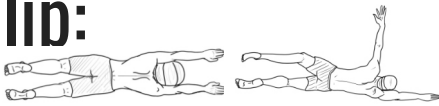
Challenge:

Do 5 front flips in less than 10 seconds. Breathe between each flip. Discourage holding breath for all 5 flips.

Tuck your chin, lift your butt, and let yourself go upside down and return to standing.

Go fast! Blow bubbles out of nose!

Handstand → Flip:

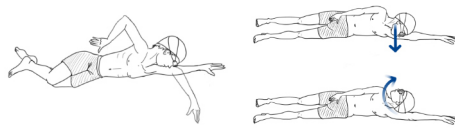


Kick in position 11 for 5 freestyle kicks and then continue kicking and do a single freestyle arm stroke.

Repeat for whatever distance you'd like. Can be done as a 3 x SL, and as 25's.

Focus on the arm that isn't doing the stroke to remain in Position 11. Strong Kick required.

Float → Flip:

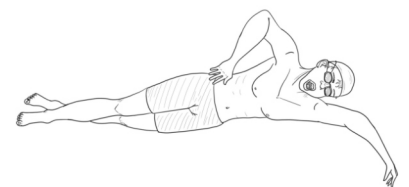


Swim 3 strokes of freestyle, then get on your side, laying on your arm with your nose inside your stinking armpit, looking down.

Kick on your side for 18 flutter kicks.

Breathe by rotating the head. Repeat.

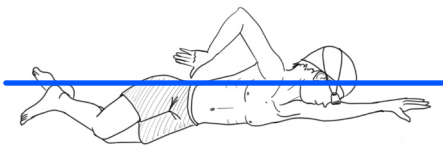
Float, Flip, Swim:



Start in a front float with hands almost touching the wall.

Do a front flip, without touching the wall, and start swimming Backstroke with a strong kick. No touching the bottom. Can also swim FREE instead.

Paint the wall:

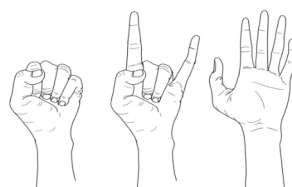


Start close to the wall, looking at it.

Do a front flip. As you flip over drag the feet and toes over the wall underwater like your feet are paint brushes.

Paint the wall with your toes like you're dragging paint down across the + mark.

Flip and Land:



Start at the flags. Swim free to the wall.

Flip before the wall, land two feet on the wall and pause in the correct position; hands near the crown of the head, back flat, face underwater, legs bent at knees, feet planted apart shoulder wide.

Flip and Swim:

Start close to the wall.

Flip and streamline on back.

Before getting to the surface, but after the streamline rotate to stomach.

Swim Free for a 25.