

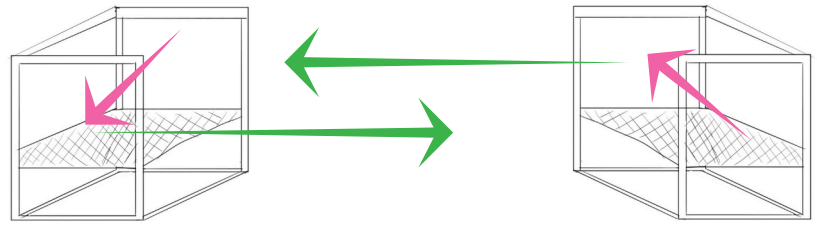
Lesson formula: Activity, Activity, Challenge

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.