

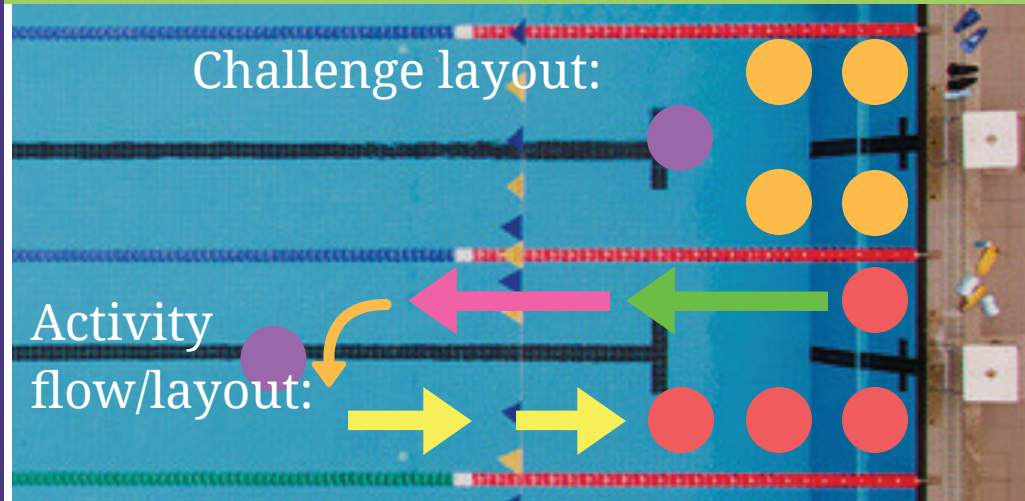
General formula: Activity, Activity, Challenge

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.