

Goals:

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

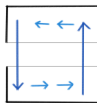
Shoulders, Chin, Lips, Nose, etc.

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.



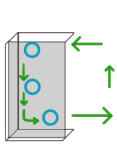
Challenge 2:

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. Now put your lips in. Wonderful!"

Who wants to go first?

"Put your chin in the water. Great!"

"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:

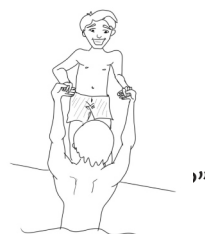
Jump high enough so that your belly button gets above the water.

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 $\frac{1}{2}$ in the water and $\frac{1}{2}$ 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. 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

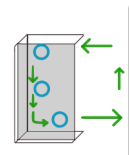
With as many toys you have available create a "tornado" where they all fall off your "treasure ship."

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.
- Continue to earn trust:
- Reinforce routines
- Ensure they know your name.
- Demonstrate all activities first, and offer modified alternatives
- 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:

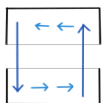
Shoulders, Chin, Lips, Nose, etc.

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

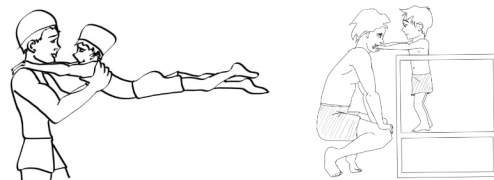
Separate the two benches, or mark your space with cones or toys.

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:

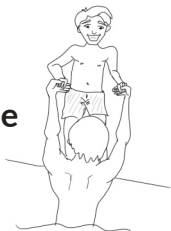
Bake a Cake Game

- 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.

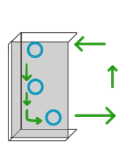


Activity 6:

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. 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.

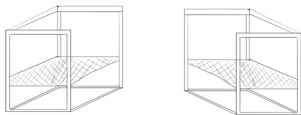
Jump off the bottom and land!

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:

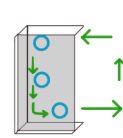
Bubble blowing

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.

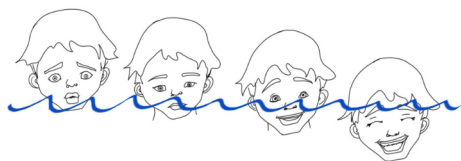
Goals:

- 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.



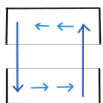
Goal to get totally under, but adjust for comfort.

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:

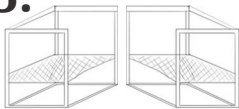
Push floating toys with mouth

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

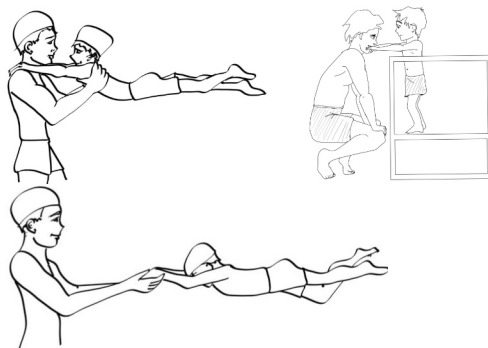


Separate the two benches, or mark your space with cones or toys.

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

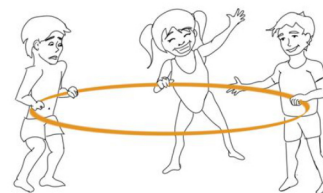
Activity 4:

Supported Front Glides



Challenge 2:

Bake a Cake Game

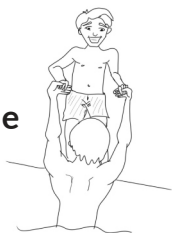


Encourage face in the water at every opportunity.

Activity 5:

Jumps from the side

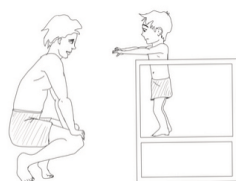
"Do you want to go underwater?"



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.

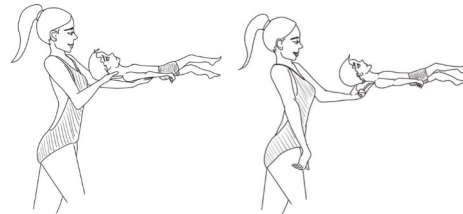
Yell "TIMBER!" And have them fall backwards like a tree falling in the forest.

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.

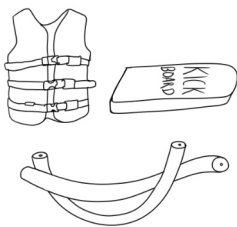


Activity 9:

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:

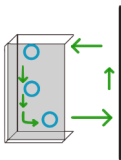
Supported Front and Back Glides

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.

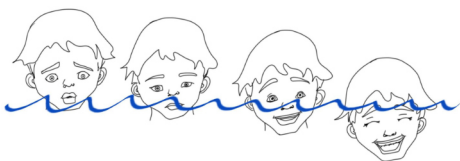
Goals:

- 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.



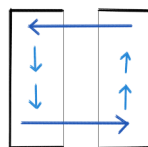
Goal to get totally under, but adjust for comfort.

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.

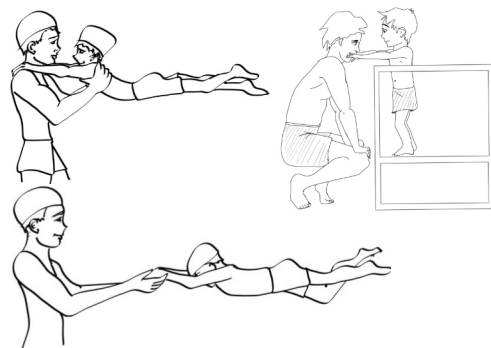


Reach arms for bench.

Encourage face in water.

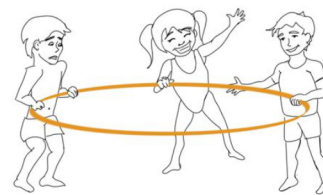
Activity 4:

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!

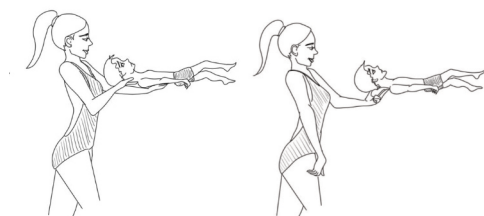
Pull swimmer fast under neck.



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.

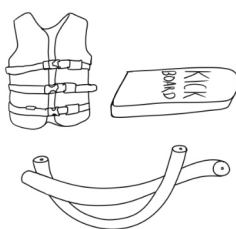


Activity 9:

Kicking to move

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

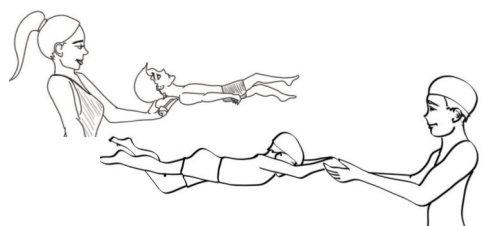
Force swimmers to use kicks to move.



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:

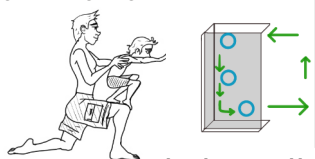
Jump for the wall and dip.

Push off support, grab the wall.

Then, using only your hands go underwater to comfort.

Then climb out unassisted.

Use the bench, or instructor.

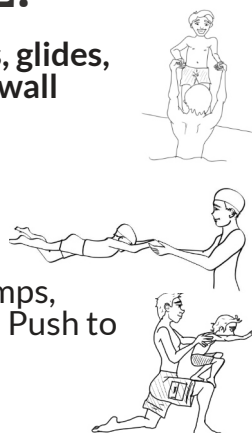


Activity 12:

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!