

Supported Front Glides



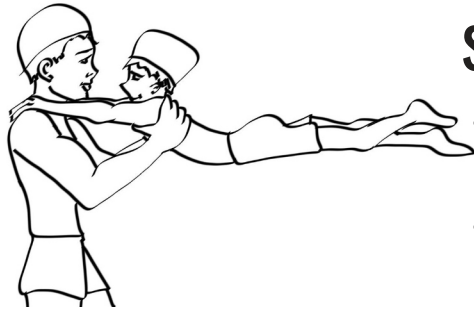
Script:

- 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

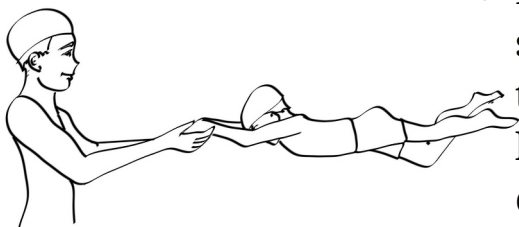
- Instructor starts near swimmer.
- Instructor stands *just* out of reach, swimmer must reach for support.

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.



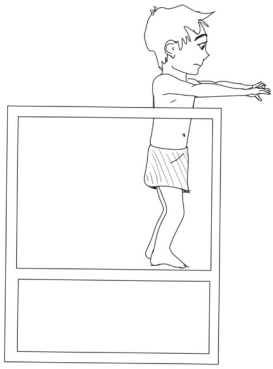
Hands on fingertips

- 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



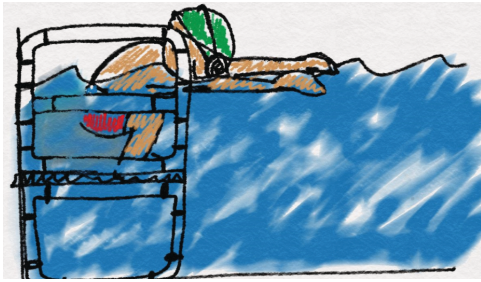
Script:

- 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.



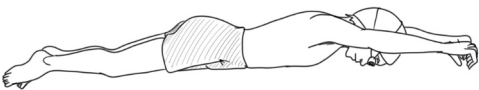
Start low, push off on surface

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.

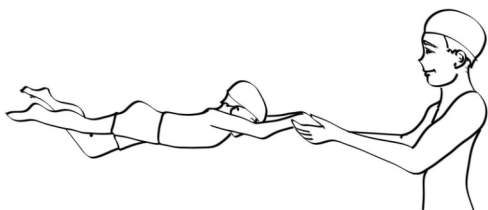


Focus on face down and body straight

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.