

Underwater and Glides

Underwater:

Ask swimmers to go underwater repeatedly throughout lessons.

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

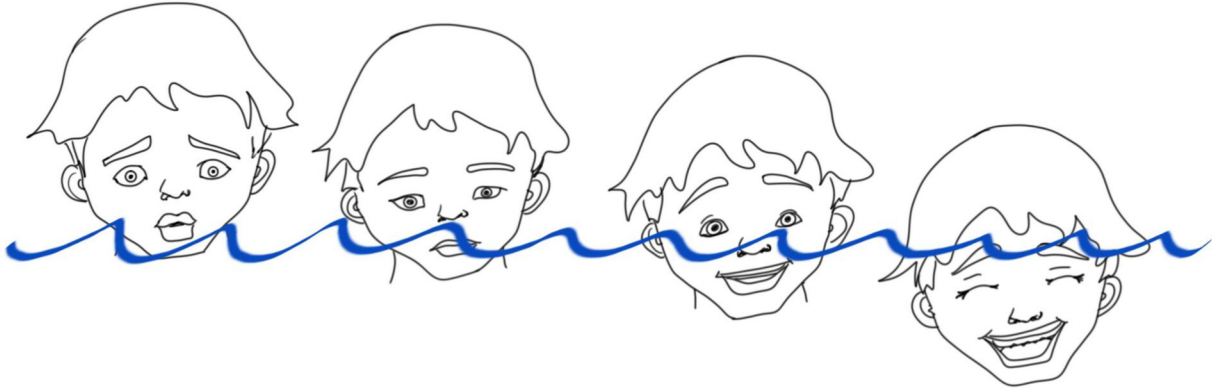
If swimmer does one, ask/tell them to do the next. Repeat at their comfort. If they kiss, ask to put lips in. If they do nose, ask for eyes.

Kiss the water

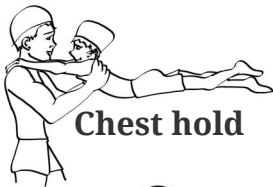
Lips under

Nose under

Eyes under



Front Glides:



Chest hold



Outside hip hold



Hands in hand



Short glide, then hands in hand

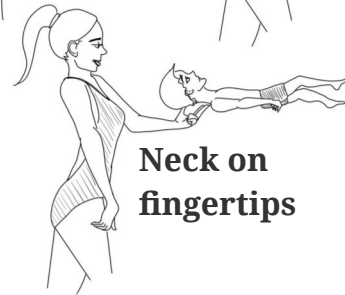
Back Glides:



Head on shoulder

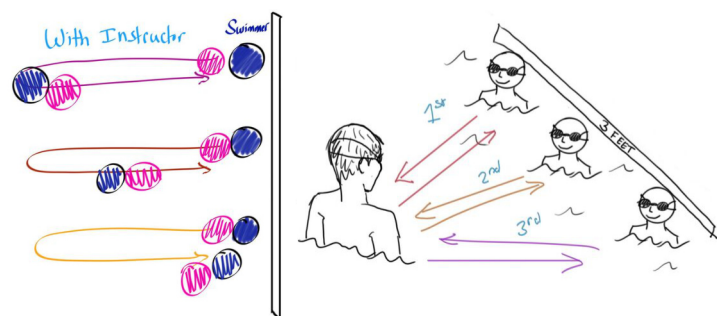
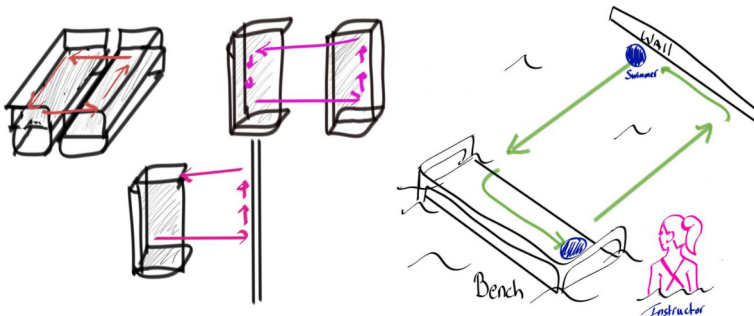


Head in hand



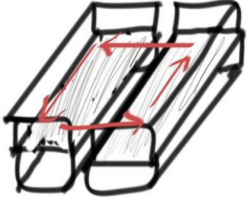
Neck on fingertips

Setting up your space with benches or without:



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

Circle Moving:



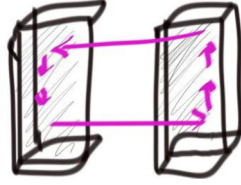
Get them moving!
Have swimmers move in a counter clockwise motion around the corners of the benches, or in a small walkable area.

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.

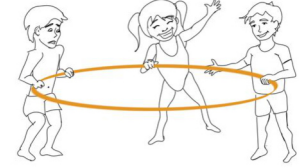
Keep swimmers moving touching each corner. Avoid pauses or stopping.

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.

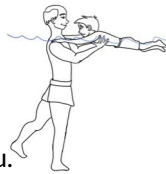
Front Glides:



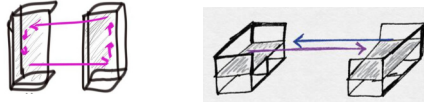
Start close so swimmer can begin with hands on shoulders.

Increase distance away over time.

Make swimmer reach for you.



Front Glides +:

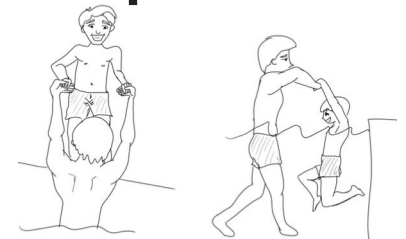


Keep swimmers moving. Avoid letting them stop unless getting feedback from instructor.

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:



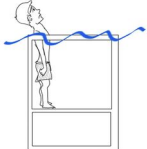
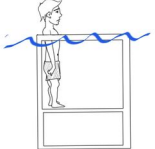
Have swimmer hold your hands.
Control the depth they jump in with your arms by keeping elbows high.

"Do you want to go underwater?"

Adhere to their yes, or no.

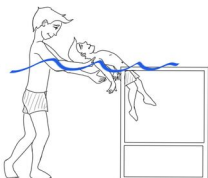
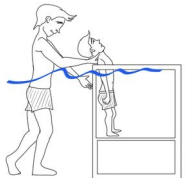
Back Glides:

"Turn around." "Tilt head back"



Support neck

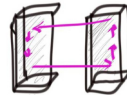
"Push off with me"



Back Glides +:

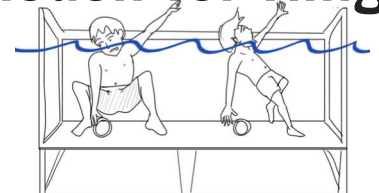
Have swimmers move from bench to bench using a float or assist tool.

- 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!