

## Goals:

- Learn all swimmer names.
- Establish routines.
- Demonstrate first; either INS lead or with a returning swimmer.
- Point out beginner alternatives.
- Keep swimmers moving! The more glides and kicking you can do the better to build confidence.

## Activity 1:

### Bobs and Bottom

Go underwater 10 times.

Jump off the bottom of the pool each time.

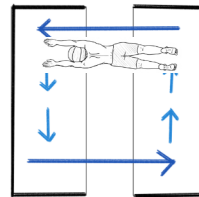
- If on a bench, then bend knees and submerge.
- If comfortable use bottom.

## Activity 2:

### Position 11 across benches.

Do 6 x glides from bench to bench, or Shallow to shallow location. Start close.

Keep swimmers moving.  
This is a warm-up.



## Challenge 1:

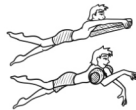
### Sit and read

Go underwater and read how many fingers INS holds up.

- Use goggles. Or let them touch INS hand.
- Encourage opening eyes.
  - Goal is comfort underwater.

## Activity 3:

### Kicking with Support



6 x Kick from Point A to B.

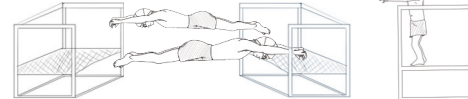
Continue to use the benches, or same space as earlier.

- Establish quick moving flow like circle swimming.



## Activity 4:

### Streamline Glides



6 x streamline from one bench to the other.

- Keep moving. Autonomously.
- Go when the way is clear.
- Avoid telling swimmers to "go."

## Challenge 2:

### Back float, toes up.

Float on your back;

- holding on to side or bench OK. Best is w/ no support.

- Keep 5, or 10 toes above the surface for 3 seconds.

## Activity 5:

### On Deck: Free Arms

Go slow!

Do 10 Free arms together.

- If you have mirrors use them!
- Start in 11, push down, then swing wide on the recovery back to position 11.

## Activity 6:

### Glide and swim



Begin with a front glide, starting with face in the water, then do front crawl arm circles with kicks the rest of the way. Do many; 6x

## Challenge 3:

### Spin without touching

With your head above water the entire time, spin 2x without touching the ground or the bench.

Use hands and feet to rotate body at least two times.

## 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:

### Supported Back Glides



One at a time with the instructor.

Provide movement and pull on the surface to use water to push hips and feet up.

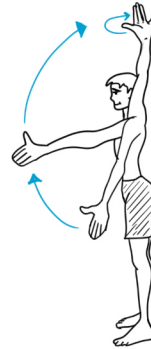
## Activity 8:

### Back Crawl Arms on Deck

Standing on deck. Start in soldier.

INS lead with demonstration:

Thumb, Hi, Pinky, Push

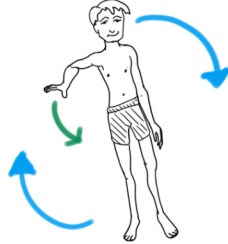


## Challenge 4:

### Float on back, and spin/rotate using one arm.

Float with or without support from INS.

Swimmer should rotate on the surface like a clock hand.

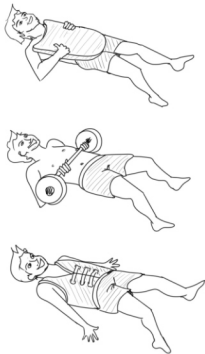


## Activity 9:

### Kicking to move

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

Force swimmers to use kicks to move.



## Activity 10:

### Glide then Swim with 3 strokes

From bench to bench, or wall to INS.

Back glide first, then 3 BK crawl arms across to bench, or INS.

Front glide, then 3 FR crawl arms back.

6 x across benches, or 2 x to INS.

## Challenge 5:

### Roll over, roll over!

Lay on your back, with or without support.

Spin to roll over on to belly, face down.

Hold for 3 seconds, then roll on back. Hold for 3 more seconds.

## Activity 11:

### Glide, then get toys

Push off in position 11 or streamline.

Go to instructor with kicks or swimming. With help, get toys from the bottom.

Glide or swim back to start.

## Activity 12:

### Holding toys, glide with kicks

Go 6 x from bench to bench.

Hold a ring, or toy in both hands like position 11.

Front glide with kicks across bench.

Back glide with toy held on the belly back to the start.

## Challenge 6:

### Jumps and counting.

Swimmers must count to 3 before they jump in using a language different than their primary one.

Uno, dos, tres. Un, deux, trois, etc.

Or they can say their favorite...

## Goals:

- Continue routines
- Constant motion, multiple attempts.
- Be the traffic cop, keeping students moving in circles without waiting for you to say "go." Begin backing off.
- Support the hesitant, encourage the bold. Underwater and glides can be scary; help when needed. Gently push.

## Activity 1:

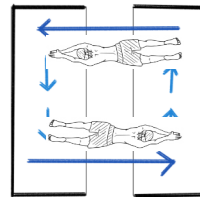
### Underwater and Favorites

- Go underwater 5 times.
- Say something you love before each time.
- The INS should do it too.
- Press swimmers to put whole head underwater.

## Activity 2:

### Streamline across benches

- Review Streamline before.
- Focus on the three things on each attempt.
- Do many. 6, 8, times.



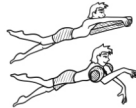
## Challenge 1:

### Tick Tock Float

- Start on your belly in a front float. Pull your knees to your chest and roll backwards; into a back float.
- Reverse back to belly.
- No touching the ground.

## Activity 3:

### Kicking with Support

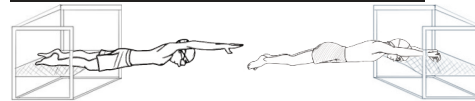


- 6 x Kick from Point A to B.
- Continue to use the benches, or same space as earlier.
- Establish quick moving flow like circle swimming.



## Activity 4:

### Streamline then Position 11



- 6 x streamline ½ way, then Position 11 second ½.
- Keep moving.
- Focus on the Kick
- Target feedback on the SL

## Challenge 2:

### Do a front flip

- With or without INS help, do a front flip.
- If scared, teach blowing bubbles with nose first.
- \*Close your mouth and speak.

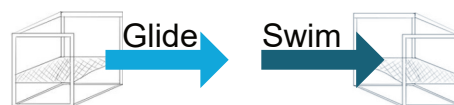
## Activity 5:

### Travel with Kicks

- Visit the deep end, go to a different part of the pool.
- Using a float support, use kicking to travel somewhere new. Do jumps there and return.

## Activity 6:

### Glide and swim



- Begin with a front glide, starting with face in the water, then do front crawl arm circles with kicks the rest of the way. Do many; 6x

## Challenge 3:

### Spin without touching

- With your head above water the entire time, spin 2x without touching the ground or the bench.
- Use hands and feet to rotate body at least two times.

## Safety Tips:

Keep control; fast movement and motion will require vigilance.

We're starting to swim unassisted. Provide plenty of oversight and keep a watchful eye.

Remember small increments. Start easy and get more difficult across the lesson. Avoid starting harder than comfort.

## Activity 7:

### Supported Back Glides

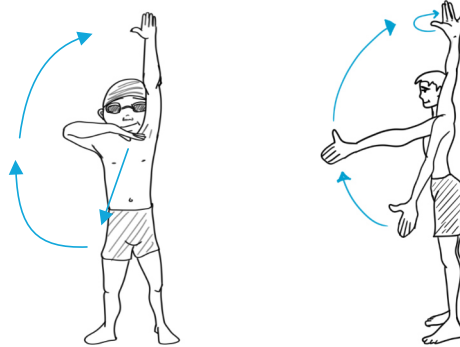


One at a time with the instructor.

Provide movement and pull on the surface to use water to push hips and feet up.

## Activity 8:

### Crawl Arms on Deck



## Challenge 4:

### In a back float throw a ball and catch it.

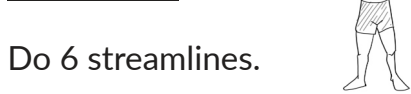
Float on back with or without support from INS.

Swimmer holds a soft toy; throw it up, and catch it.

Do it again while INS pulls swimmer through the water.

## Activity 9:

### Streamlines



Do 6 streamlines.

From bench to bench, or using a lane in shallow water.



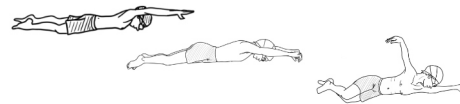
## Activity 10:

### Streamline then Swim with 3 strokes

From bench to bench, or wall to INS.

Do 6 times.

SL → position 11 → swim.



## Challenge 5:

### Only hips above surface

In a front float, bent at the waist to get ONLY the hips above the water.

Hold for 3 seconds.



## Activity 11:

### Glide, then get toys

Push off in position 11 or streamline.

Go to instructor with kicks or swimming. With help, get toys from the bottom.

Glide or swim back to start.

## Activity 12:

### Race the distance

Option 1:  
Time a swim for a set distance; wall to the flags.

Option 2:  
Streamline with 10 kicks and only 3 arm strokes.  
Who gets furthest?

## Challenge 6:

### Jumps and counting.

Swimmers must count to 3 before they jump in using a language different than their primary one.

Uno, dos, tres. Un, deux, trois, etc.

Or they can say their favorite...

## Goals:

- Motion. Motion. Movement. Keep moving.

- With established routines in place, begin increasing the repetitions. Do things 6-8; give feedback often.

- Push the hesitant gently, celebrate the bold swimmers and push them to improve technique beyond distance.

## Activity 1:

### Sit on the bottom

Either sit on a bench or the bottom in shallow water.

Must sit with butt on the bottom.

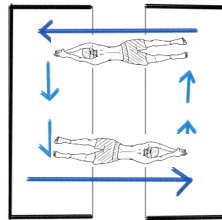
BONUS: cross your legs too and "meditate" for a few seconds.

## Activity 2:

### Streamline across benches

Review Streamline and all 3 things for it.

times.



## Challenge 1:

### Star float, ball sink

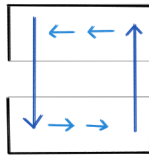
Float on your back in a star, then wrap arms around knees to make a ball.

Blow bubbles and sink to the bottom.

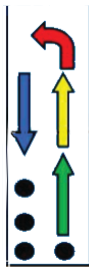
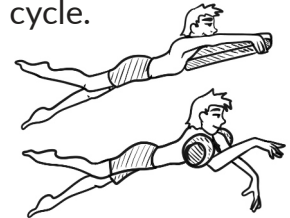
BONUS: Add flip

## Activity 3:

### Kicking with Support

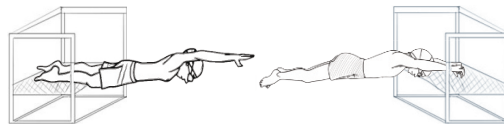


6 x Kicking. Floppy feet, whole leg kick. Go somewhere or cycle.



## Activity 4:

### Streamline then Position 11



6 x streamline ½ way, then Position 11 second ½.

## Challenge 2:

### Spin at the surface

Without touching the ground, spin around 2x.

BONUS: Keep whole head above water.

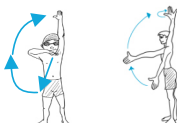
BONUS+: Keep only eyes above water.

## Activity 5:

### On Deck: BK & FR Arms

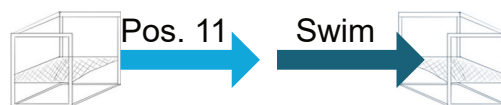
Stand on deck and do 10 of each type of arm-stroke.

Use mirror or shadows to see what you're doing.



## Activity 6:

### SL, Pos. 11 and Swim



6x Streamline, Position 11 with kicking, Swim FREE

6 x SL, Pos. 11 w/ K, Swim BK

## Challenge 3:

### Pick up a toy from the bottom

Place a sinking toy on the bottom of the pool. Deeper than swimmer can stand.

Push swimmer down to get together, and help return to surface.

## Safety Tips:

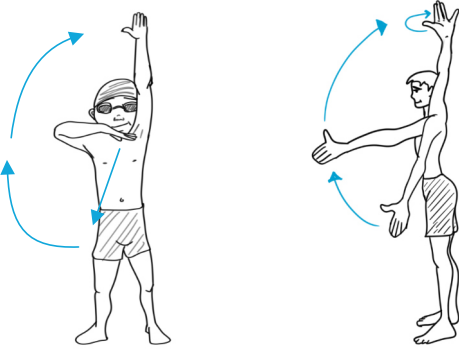
With confidence comes danger. Keep watchful eye on all attempts.

Encourage more independent swimming; remain vigilant. Bold swimming comes with risk.

Gently push swimmers to do farther and more without assistance, but provide immediate help if needed.

## Activity 7:

### Crawl Arms on Deck



## Activity 8:



### Streamline ½, Swim ½

Set a distance and stand there, or aim two benches together.

Do 6x for each person, streamline the first half with kicking, then swim the other.

Free or Back

## Challenge 4:

### Get a sinking toy

Pick up toys from the bottom.

BONUS: No goggles, eyes closed.

BONUS2: Have to jump up, then sink with no swimming.

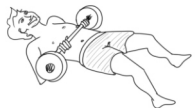
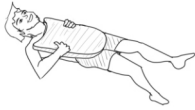
BONUS3: Sit on bottom 2 secs too.

## Activity 9:

### Back Kicking

Go somewhere close or do for a set time:  
Ex: 2 minutes.

Kick on your back with huge splashes; with or w/o support.



## Activity 10:

### Backstroke swimming

From bench to bench, or wall to INS.

Do 6 times.

Support the head.



## Challenge 5:

### Jump, touch, swim, swim

Jump in the water.  
Touch the bottom with feet, recover to the surface.  
Swim to the instructor.  
Swim back to the wall.  
- INS: stay close, don't move.

## Activity 11:

### Fins, Pull buoys, Kickboard knees

Explore using float toys or kicking tools. Swim, kick, pull.

Move around the pool, or do activity across benches using them.

Put kickboard between legs.

## Activity 12:

### Glide, spin, swim

6x glide, roll over, and swim the rest of set distance.

Start on back, kick a short way, then roll on belly and swim FREE.

Start on front, roll, swim Backstroke.

## Challenge 6:

### Handstands or upside-down

Attempt to touch the bottom with both hands.

Go upside down; if possible.

Review bubble blowing through nose.  
Close your mouth and make noise.



## Goals:

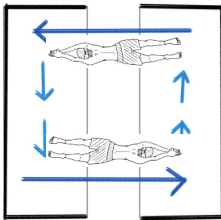
- Moving towards swimming independently. Push to longer distance.
- With established routines in place, begin increasing the repetitions. Do things 6-8; give feedback often.
- Streamline with kicking, then swimming. Focus on movement. Teach kicks make you move, arms pull.

### Activity 1:

#### Streamline across benches

Review Streamline and all 3 things for it.

times.



### Activity 2:

#### Streamline ½ way, then swim

Between benches or in a lane. Streamline with kicking, then swim 3 - 5 strokes.

Goal: streamline with kicks that make swimmer move.

Arm strokes with face held still.

### Challenge 1:

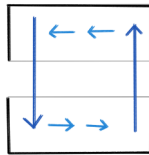
#### Two feet on the wall

In shallow water keep two feet touching the wall without holding on to anything.

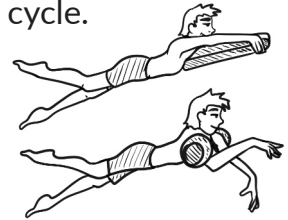
BONUS: Keep 2 feet on the wall while staying underwater for 3 seconds.

### Activity 3:

#### Kicking with Support

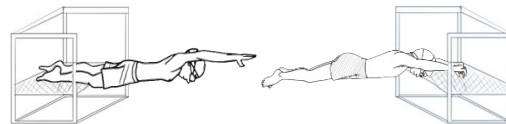


6 x Kicking. Floppy feet, whole leg kick. Go somewhere or cycle.



### Activity 4:

#### Streamline then Position 11



6 x streamline ½ way, then Position 11 second ½.

### Challenge 2:

#### Flip Flop Float

Start in a back float. Flop over to a front float. Hold for 5 seconds.

Flop onto back. Hold for 5 seconds.

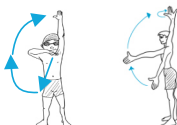
BONUS: do a flip before the front float.

### Activity 5:

#### On Deck: BK & FR Arms

Stand on deck and do 10 of each type of arm-stroke.

Use mirror or shadows to see what you're doing.



### Activity 6:

#### Swim in Position 11 (catch-up)



6x Position 11, then only one arm at a time swim across.

Do 5 kicks in position 11, then do a single arm stroke; other arm not moving stays in position 11.

### Challenge 3:

#### Push off the wall in Airplane



Push off the wall in Airplane position and get farther than 3 body lengths without kicking.

BONUS: do it underwater.

## Safety Tips:

Focus on arms and legs providing movement in the water.

Keep swimmers moving! Build confidence and strength by doing multiple repetitions.

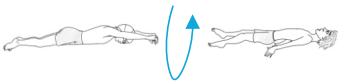
Challenges are FUN! If they're too easy or not appropriate to your group, adjust or make your own!

## Activity 7:

### Front glide, spin, back glide

Push off the wall or bench in a front glide. At ½ way spin along the spinal axis and do back glide in soldier the rest of the way.

Kicks to move.



## Activity 8:



### Streamline ½, Swim ½

Set a distance and stand there, or aim two benches together.

Do 6x for each person, streamline the first half with kicking, then swim the other.

Free or Back

## Challenge 4:

### Get a sinking toy

Pick up toys from the bottom.

BONUS: No goggles, eyes closed.

BONUS2: Have to jump up, then sink with no swimming.

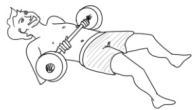
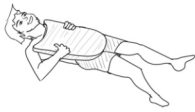
BONUS3: Sit on bottom 2 secs too.

## Activity 9:

### Back Kicking

Go somewhere close or do for a set time:  
Ex: 2 minutes.

Kick on your back with huge splashes; with or w/o support.



## Activity 10:

### Backstroke swimming

From bench to bench, or wall to INS.

Do 6 times.

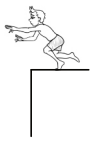
Support the head. Briefly remove support if able.



## Challenge 5:

### Jump, touch, swim, swim

Jump in the water. Touch the bottom with feet, recover to the surface. Swim to the instructor. Swim back to the wall.  
- INS: stay close, don't move.



## Activity 11:

### Fins, Pull buoys, Kickboard

Explore using float toys or kicking tools. Swim, kick, pull.

Move around the pool, or do activity across benches using them.

Put kickboard between legs.

## Activity 12:

### Glide, spin, swim

6x glide, roll over, and swim the rest of set distance.

Start on back, kick a short way, then roll on belly and swim FREE.

Start on front, roll, swim Backstroke.

## Challenge 6:

### Two feet on the wall, on back.

Prepare to do a backstroke streamline.

Go underwater and hold the pictured position for 2 seconds.

