

Goals:

- Breathing to the side. Spend considerable time working on FREESTYLE
- Establish a fast moving lane or lesson area setup. Use circle swimming, and short distances.
- Keep swimmers moving. Stimulate curiosity and effort with interesting challenges. Be interesting!

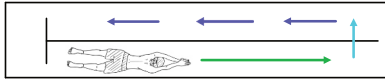
Activity 1:

Streamline to the flags

3 x Streamline w/ all 3 things.

If possible use a lane.

Otherwise, use a space of about 5 yards/meters.

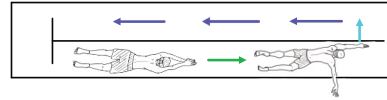


Activity 2:

Streamline then do 3 FREE

Streamline underwater, and at the surface do 3 freestyle strokes.

After the third stroke, stop, and return to the starting location.



Challenge 1:

Sit on the bottom

Sit on the bottom with legs crossed and hands on knees. Hold for 2 seconds.

BONUS: Put your nose and belly button on the bottom at the same time. Hold for 3 seconds.

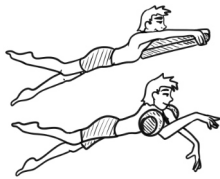
Activity 3:

Kicking

Do a 50 FREE or BK Kick.

If you have FINS use them.

Use boards.



Activity 4:

Streamline + 5 FREE + Breath

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 2:

Underwater on Back

Start with 2 hands and 2 feet on the wall.

Hands in soldier.

BONUS: In SL.



Activity 5:

Streamline + Position 1

3-5x Streamline underwater, then at the surface hold position 1 with kicks for 2 side breaths.



Activity 6:

Streamline + 5 FREE + Breath

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 3:

Reverse Streamline

Do a "streamline" feet first, pushing off the wall with your hands. On surface, then underwater.

"Kick" your arms.

GOAL: get past the flags.

Safety Tips:

Stay shallow if possible.
Let swimmers be off benches and the wall.

Stay attentive when doing 3x or 5x something. Make sure swimmers can return to a safe space easily.

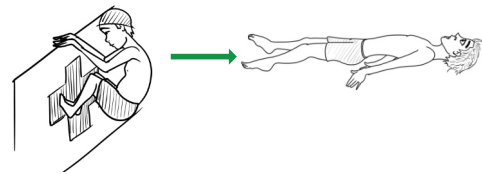
Fatigue and weakness can lead to issues. Lots of short distances is still tiring.

Activity 7:



Back Glides to flags

3-5x Push off the wall on your back in **soldier**. Kick until you get to the flags.



Activity 8:



Streamline on BK + 3 BK

3-5x ALL on surface.

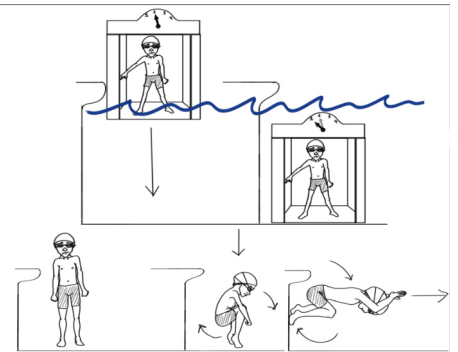
Streamline to the flags with kicks on back.

After the flags keep kicking and do 3 BK strokes.

Count when thumb exits water.

Challenge 4:

Take the Elevator Down



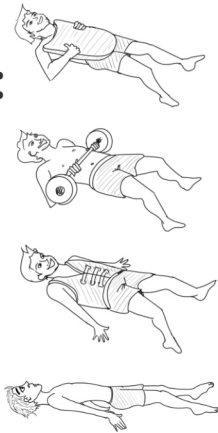
Activity 9:

Back Kicking

1 X 50 or equivalent.

GOAL: use floats or fins to keep moving.

Focus on using feet to move.



Activity 10:



SL + 5 BK + Roll + Flip

3-5x All on surface.

SL on back to flags. Do 5 BK strokes.

Roll on tummy and do a front flip.



Challenge 5:

Handstand + Flip

Do a handstand.

Keep legs together.
Hold for 3 seconds.

Turn the handstand into a front flip.

Activity 11:

1 x 25 FREE with Kickboard

- Hold the kickboard at the bottom, like doing Position 11.

- Focus on kicking.

- 1 arm moves at a time (catch-up)

- Breathe every 3 or 2.

Activity 12:

SL x 25 BACKSTROKE

- Push off in streamline; hold streamline until the flags.

- Swim with a strong kick.

- Touch the wall on back.

Avoid Vampire Neck:



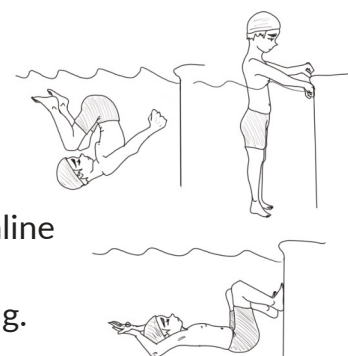
Challenge 6:

Flip 1st, Streamline on Back

Flip towards the wall.

Front flip, then streamline on back.

No breathing.



Goals:

- An excellent streamline with all three things mastered.
- Leverage routine of streamline, activity, then move over and return to the wall.
- Give feedback on every attempt. Celebrate successes and encourage failure.

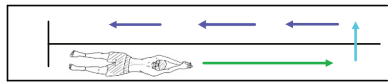
Activity 1:

Streamline to the flags

3 x Streamline w/ all 3 things.

If possible use a lane.

Otherwise, use a space of about 5 yards/meters.

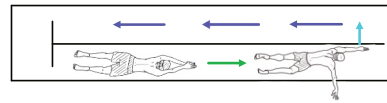


Activity 2:

Streamline then do 3 FREE + Flip

Streamline underwater, and at the surface do 3 freestyle strokes.

After the third stroke, flip without taking a breath.



Challenge 1:

Bug Smash!

Smash your entire body against the wall and stay smushed for 2 seconds without falling off.

BONUS: Do it again, but underwater.

“You’re a bug that’s been squished by a giant hand”

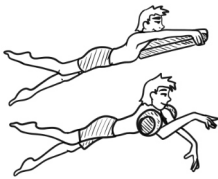
Activity 3:

Kicking

Do a 50 FREE or BK Kick.

If you have FINS use them.

Use boards.



Activity 4:

Streamline + 5 FREE + Breath

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 2:

Position 1 Breath

Push off the wall in position 1. Take 3 breaths to the side, only moving your head before you get to the flags.



Activity 5:

Streamline on Back

3-5x Streamline on your back.

Do all on the surface. If able, then start underwater.



Activity 6:

Streamline + 5 FREE + Breath + Flip

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 3:

Handstand + Flip

Do a handstand. Hold for 3 seconds with your knees and feet together.

Tuck into a front flip then jump off the bottom in streamline.

Safety Tips:

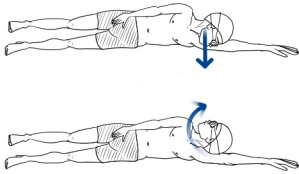
Challenges are fun, but be careful not to do them in too deep water.

Stay attentive when doing 3x or 5x something. Make sure swimmers can return to a safe space easily.

Pay attention to fatigue. Give ample breaks. Challenges can be restful, instead of constant 25's.

Activity 7: Streamline + Side Glide + breath

3-5x start in SL, then roll on your side, and kick past the flags. Do at least 3 breaths rotating head.



Activity 8: Streamline on BK + 3 BK

3-5x Begin SL underwater.

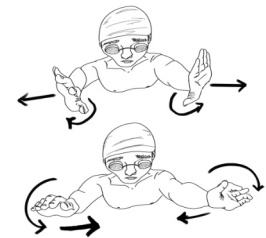
Streamline to the flags with kicks on back.

After the flags keep kicking and do 3 BK strokes.

Count when thumb exits water.

Challenge 4: Without kicking, scull to the flags

No streamline. No Kick. Can put head in the water.

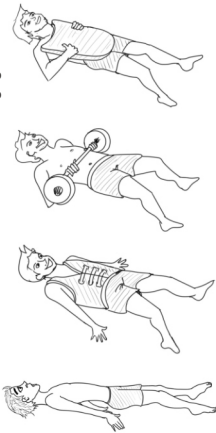


Activity 9: Back Kicking

1 X 50 or equivalent.

GOAL: use floats or fins to keep moving.

Focus on using feet to move.



Activity 10: SL + 5 BK + Roll + Flip

3-5x All on surface.

SL on back to flags. Do 5 BK strokes.

Roll on tummy and do a front flip.



Challenge 5: Handstand Rewind

Push off the wall and do a handstand on the "T" mark.

Pause for 2 seconds.

Push off with your hands, and "rewind" so your feet touch the wall, where you began.

Activity 11: 1 x 25 FREE with Kickboard

- Hold the kickboard at the bottom, like doing Position 11.

- Focus on kicking.

- 1 arm moves at a time (catch-up)

- Breathe every 3 or 2.

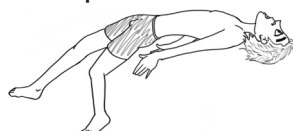
Activity 12: SL x 25 BACKSTROKE

- Push off in streamline; hold streamline until the flags.

- Swim with a strong kick.

- Touch the wall on back.

Avoid Vampire Neck:



Challenge 6: Flip 1st, Streamline on Back

Flip towards the wall.

Front flip, then streamline on back.

No breathing.



Goals:

- Master Streamline
- Long reaching arms
- Straight body position.
- Short distances are excellent for skill learning. Use them often.
- Do longer distances to break up monotony. Feel free to sprinkle 25's of FLY kick, float kicking, and more.

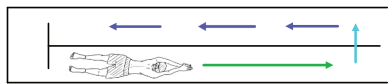
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Streamline to the flags

3 x Streamline w/ all 3 things.

If possible use a lane.

Otherwise, use a space of about 5 yards/meters.

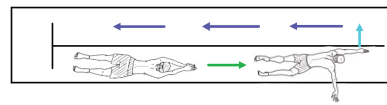


Activity 2:

Streamline + 3 FREE

Streamline first; do all 3 things. Swim FREE for 3 strokes.

- No breathing
- Strong kick
- Focus on reaching arms to 11.



Challenge 1:

SL on belly, Flip, 11 Back

Push off the wall in SL on the surface. At the flags do a front flip.



-Without touching the bottom or wall, or anything, kick on your back in 11 back to the start wall.

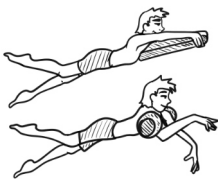
Activity 3:

Kicking

Do a 50 FREE or BK Kick.

If you have FINS use them.

Use boards.



Activity 4:

Streamline + 5 FREE + Breath

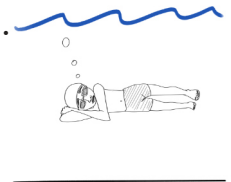
3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 2:

Goldilocks

Float underwater, on your side, like you're sleeping, perfectly in between surface and bottom.



Activity 5:

Streamline on Back

3-5x Streamline on your back.

Do all on the surface. If able, then start underwater.



Activity 6:

Streamline + 5 FREE + Breath + Flip

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 3:

Splash your Neighbors



Sit on the side of the pool. Make splashes with your feet using....

- The top of your foot.
- The OUTSIDE of your foot.
- The bottom of your foot
- The INSIDE of your foot**(BR)

Safety Tips:

Pay attention, even in shallow water and short distances.

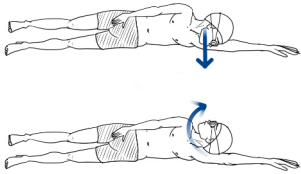
Look for signs of fatigue.
-struggling to breathe, body upright in water, doggy paddle.

You're doing lots of repetition. Extend the challenges or activities that get results if needed.

Activity 7:

Streamline + Side Glide + breath

3-5x start in SL, then roll on your side, and kick past the flags. Do at least 3 breaths rotating head.



Activity 8:

Streamline on BK + 3 BK

3-5x Begin SL underwater.

Streamline to the flags with kicks on back.

After the flags keep kicking and do 3 BK strokes.

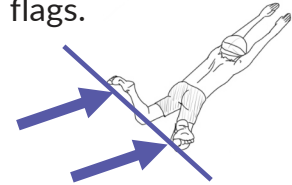
Count when thumb exits water.

Challenge 4:

Push off the wall with BR Feet

Put the inside of your feet on the wall.

Push off in soldier and get past the flags.



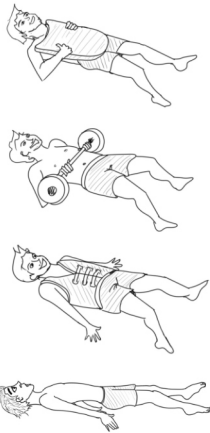
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Focus on using feet to move.



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SL + 5 BK + Roll + Flip

3-5x All on surface.

SL on back to flags. Do 5 BK strokes.

Roll on tummy and do a front flip.



Challenge 5:

Handstand Rewind

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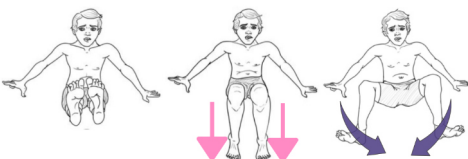
Pause for 2 seconds.

Push off with your hands, and "rewind" so your feet touch the wall, where you began.

Activity 11:

BR Kick on the Side

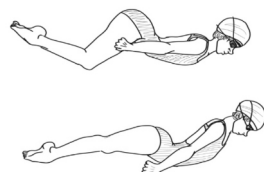
Do 10 slow breaststroke kicks while sitting on the side.



Activity 12:

3 x SL + FLY Kick to the flags

Streamline with fly kicks.
- At surface put hands in soldier.
- Using the hips and chest undulate (fly kick) to the flags.



Challenge 6:

Lay on the bottom

Put your shoulders and butt on the bottom. Also...

- put two feet on the wall
- put 2 feet on wall in the bottom corner of pool
- put 1 foot on 1 wall, and 1 foot on another.

- Tilt your head; look behind.

Goals:

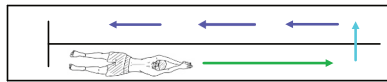
- Comfortable freestyle arms reaching to position 11 with each stroke.
- Freestyle breaths to the side without lifting or struggling. Focus on kicks and body position strength.
- Do lots of reps of streamline + free and SL + BK to master the strokes.
- Use longer distances as tests.

Activity 1:

Streamline + 3 FREE + Flip

3 x Streamline then do 3 free without breathing. Then do a front flip.

- Attempt no breathing
- Focus on good SL underwater and good arms above.

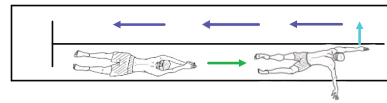


Activity 2:

Streamline to flags + 3 BK

3 x Streamline underwater on back.

- Stay in SL to the flags.
- After the flags, do 3 BK strokes counting when thumb exits the water.

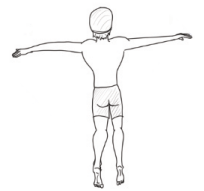


Challenge 1:

Push off the wall in Airplane

Push off the wall in airplane position on the ...

- surface
- underwater



See who can go the farthest without kicking or breathing!

Activity 3:

Swimming!

Do a 50 FREE or BK.

If you have FINS use them.

Rest as often as needed.

GOAL:

- Do the whole distance without stopping.

Activity 4:

Streamline + 5 FREE + Breath

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 2:

Lay on the bottom

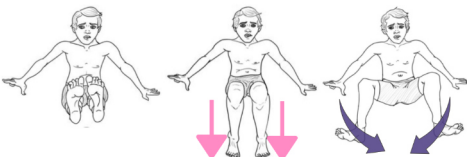
Get to the bottom of the pool, put your belly button, 1 big toe, and your nose all on the bottom at the same time;

- for 2 seconds
- for 5 seconds

Activity 5:

BR Kick on the side

Do 10 slow breaststroke kicks while sitting on the side.



Activity 6:

Streamline + 5 FREE + Breath + Flip

3-5 x Streamline underwater, then at the surface do 5 free strokes. Must take 1 breath during the 5 FREE.



Challenge 3:

Splash the deck

Facing the wall, make waves high enough to splash the deck (rise over the edge).

- Hands must NOT go above the surface. Create waves UNDERWATER to make splashes.