

Swim Instruction - Day One

Welcome –

- Lobby entrance – Point out bleachers through the window
- Change in locker room – put all belonging in bag – bring out to deck
- No goggles - basic group

Introduction of Instructors

Swim cap - demo how to put on and wear – help students put on their caps

Safety Rule #1 – No Running in pool area

Divide into groups on bleachers – explain they will sit in their assigned group at the start of each lesson.

- Orange – Basic
- Green - Intermediate

Green group will move with their instructor to their lesson area after evaluation

On pool deck at bleachers – dry land

Basic Group /Intermediate

Terminology – Streamline, head back, chin up, chin down, back against the wall, face the wall, stand, hand on the wall, squat, straight legs, pointed toes, face in the water, blow bubbles, ear in the water, float, front, back, turn, push off, kick, big arms, elbows up, finger tips down.

Streamline arms

- Hands flat on top of each other
- Arms straight and tight on ears
- Reach for the ceiling
- Hula hoop over arms – just one student

Face in water holding side of pool (instructor) demo – pretend on deck – students practice

- Feet on bottom
- Straight arms - right arm back – left arm front – ear in the water
- Face in – blow bubbles (blow)
- Face out – take a breath (breath)

Squat to touch the floor – demo

Back float demo on pool deck floor – one student – explain - water will support you

- Head back, chin up, fall back - hips up - arms out - feet up - relax

1. Warm-up – Ramp/side entry into the pool

- Line up along ramp wall in the pool area (not in ramp area)
- Drop down so shoulders are in the water – move arms around in the water

2. Blowing bubbles

- Face the wall, hold the edge, feet on the bottom, straight arms, face in ‘blow’, face out ‘breath
- Practice five times or more as needed - assist

3. Squat to touch the bottom – some may need to hold the side – blow when face is in water - practice

4. Intro Back float – use one child to demonstrate – also use kickboard to show floating

- Say – head back - chin up – fall back - hips up - feet up - arms out - relax
- Have students try multiple times
- Work with each student – float for count of 5
- Always say – head back - chin up – fall back - hips up - feet up - arms out - relax
- To stand – say chin down - feet down

Practice

Review –

- Face in water at wall – breath - blow
- Squat
- Back float

Swim Instruction - Day Five

Welcome –

- Lobby entrance – Remind
- Change in locker room – put all belonging in bag – bring out to deck

Swim cap - help students put on their caps

Safety Rules

#1–No Running in pool area,

#2 - Never swim alone

#3 –Only swim where lifeguards

#4 Never enter to help – get help – throw something for the person to hold

#5 Always wear a lifejacket when on a boat, near a river or lake

Divide into groups on bleachers – remind to sit in their assigned group at the start of each lesson.

- Orange – Basic
- Green - Intermediate

Green group will move with their instructor to their lesson area

Demo - on pool deck at bleachers – dry land

Basic Group /Intermediate

Terminology – Streamline, head back, chin up, chin down, back against the wall, face the wall, stand, hand on the wall, squat, straight legs, pointed toes, face in the water, blow bubbles, ear in the water, float, front, back, turn, push off, kick, big arms, elbows up, finger tips down.

- Lifejacket – on one child

Goggles - Fitting - basic group

1.Skills evaluation – side wall

- Back float – count 5
- Front float – count 5
- Front to back – back to front float
- Front glide – side to lane line
- Back float with kick – lane line to wall
- Front float with kick – wall to lane line
- Freestyle – half length
- Backstroke – half length back

2. Free time

- Games – Marco Polo, Sharks & Minnows
- Races – kick, swim, hope
- Dive for rings, balls kickboards, barbells, train, swim through hula hoop, somersault
- Diving – from side sitting
- Throwing assist
- Lifejacket
- Some to deep end – diving board

Bag with –

- Program Guide
- Wahoos info
- Reach Deeper form
- Family Splash Night flier
- Certificate

Cheer