

Instructor Name	
Date / Time of Class	

Remember the 3x (GST) rule:

General corrections after entire group attempts item

Specific corrections for each swimmer

Try it again and apply corrections

Lesson #1 of 2

Notes / Time	Activity / Topic	Formation
3 min	<p>Exaggerated Shoulder Roll Drill - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers perform a back glide with kick with both arms at the sides. 2. Emphasize rolling one shoulder out. 3. Have swimmers repeat the glide, emphasizing the other shoulder and practising rolling from shoulder to shoulder. <p>Equipment: none</p> <p>Skill Used: Back Glide with Flutter Kick 10m</p>	wave
3 min	<p>Back Breakers - 2020</p> <p>Over a distance of 10-15m, have swimmers practice the following back glide with kick drills (make sure they can do one drill before moving to the next one):</p> <ul style="list-style-type: none"> * arms flat on their stomach, hands forming a teepee on top of stomach, * forearms straight out of water, then * arms stretched over their head on the water's surface. <p>Equipment: none</p> <p>Skill Used: Back Glide with Flutter Kick 10m</p>	wave

Lesson #1 of 2 (continued)

Notes / Time	Activity / Topic	Formation
4 min	<p>Breathing Drill for Crawl - 2020</p> <ol style="list-style-type: none"> Swimmer swims front crawl while altering breathing cycle to increase lung capacity Can increase difficulty incrementally by breathing every: 3,5,7,9, up to 11 strokes! <p>Equipment: none</p> <p>Skill Used: Distance Swim 15m</p>	length circle
3 min	<p>Scuba Kick - 2020</p> <p>Have swimmers perform a proper dolphin kick with arms extended (with or without an aid) on their front with fins. Fins help strengthen the kick and assist in achieving proper dolphin motion in kick.</p> <p>Equipment: fins</p> <p>Skill Used: Front Swim 10m</p>	wave
3 min	<p>Front Sailboat Glide - 2020</p> <p>Have swimmers kick on their side with one arm above their head and the other straight out of the water at a 90° angle. This promotes a strong flutter kick and a high arm recovery.</p> <p>Equipment: none</p> <p>Skill Used: Front Glide with Flutter Kick 15m</p>	wave
3 min	<p>Standing Streamline Glide - 2020</p> <ol style="list-style-type: none"> Stand with back against wall Place heels, hips and shoulder blades against the wall Bring chin down to allow head to bend forward Arms in front - one had on top of the other Straighten arms overhead so that elbows are straight and hands are against the wall Bring the head back to cradle against your arms Now step away from wall and try to keep this position <p>Equipment: none</p> <p>Skill Used: Side Glide with Flutter Kick 10m</p>	wave

Lesson #1 of 2 (continued)

Notes / Time	Activity / Topic	Formation
3 min	<p>Chocolate Dipped Cookies (variation: fondue) - 2020</p> <ol style="list-style-type: none"> 1. Tell swimmers to pretend the water is full of chocolate. 2. Have swimmers pretend they are their favourite kind of cookie, ready to be covered with chocolate. 3. Have swimmers glide on their back (or front) as long as they can (to get more chocolate on them), and then roll over to their front (or back). 4. Remind the swimmers that the longer they glide, the more chocolate gets on the cookies. 5. Assist swimmers when necessary. <p>Equipment: none</p> <p>Skill Used: Front Glide/Side Glide Combination 10m (Assisted)</p>	scatter
5 min	<p>Water Spaniels - 2020</p> <ol style="list-style-type: none"> 1. Sink objects underwater a short distance from the edge. 2. Have swimmers pretend to swim like a dog, face in the water, looking for buried bones, and swim back to the edge. 3. Swimmers retrieve the bones and swim back to the edge. <p>Equipment: sinking objects, clothes</p> <p>Skill Used: Jump in Change Direction Return to Safety in Deep Water</p>	scatter
3 min	<p>Personal Responsibility - 2020</p> <ol style="list-style-type: none"> 1. Begin each lesson with this quick activity. 2. Describe a situation or tell a story (e.g., it is a surf day and your Frisbee goes in the water, your boat takes on water but you have your PFD/lifejacket). 3. Each swimmer describes what to do in that situation and gives a reason for that choice. <p>Equipment: none</p> <p>Skill Used: When and Where to Swim</p>	circle

Lesson #1 of 2 (continued)

Notes / Time	Activity / Topic	Formation
2 min	<p>Blast off - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers stand in shallow water at the wall. 2. Tell swimmers to pretend to be rocket ships. 3. You pretend to be a planet or star that the rocket ships want to explore. 4. Together you all count down, and ships blast off toward you, after everyone yells, "Blast off!" 5. Have swimmers move toward you in a glide formation on back or front, either individually or all together. 6. Have swimmers add a flutter kick to the glide for rocket "booster power." 	circle
	Equipment: none	
	Skill Used: Flutter Kick 15m	

Lesson #2 of 2

Notes / Time	Activity / Topic	Formation
5 min	<p>Choose a Stroke</p> <ol style="list-style-type: none"> 1. Organize swimmers into two teams. The teams face each other in the water. 2. Instruct them to swim front crawl away from each other. On your signal, they turn and swim back toward each other. 3. The first swimmer to reach the starting point chooses the next stroke. <p>Equipment: none</p> <p>Skill Used: Distance Swim 15m</p>	scatter
3 min	<p>Rolling Shoulders - 2020</p> <ol style="list-style-type: none"> 1. Demonstrate how to roll shoulders when doing back crawl. Move slowly and alternately roll one shoulder at a time. 2. Have swimmers practise for a distance of approximately 10-15m. <p>Equipment: none</p> <p>Skill Used: Back Glide with Flutter Kick 10m</p>	wave
3 min	<p>Back Sailboat/Shoulder Roll Combo - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers combine a back glide with a high shoulder roll into a sailboat glide by working on transition from rolling the shoulder to bringing the arm out of the water. 2. Have swimmers hold each position for three seconds, then switch to the other arm. <p>Equipment: none</p> <p>Skill Used: Back Glide with Flutter Kick 10m</p>	wave

Lesson #2 of 2 (continued)

Notes / Time	Activity / Topic	Formation
3 min	<p>Vertical Kick - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers perform a flutter kick in an upright, vertical position. This improves strength of kick. 2. You can increase the difficulty by having swimmers hold their arms above their head. <p>Equipment: none</p> <p>Skill Used: Front Swim 10m</p>	circle
3 min	<p>Motor boat (variation boiling water) - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers hold onto a water water noodle or kickboard. 2. While you chant the rhyme, swimmers do the appropriate action: Motorboat, motorboat, kick so slow. (kick slow) Motorboat, motorboat, kick so fast. (kick fast) Motorboat, motorboat, step on the gas. (kick with splash) Motorboat, motorboat, run out of gas. (stop kick) 3. Make sure kicking motion is up and down and the swimmers' body position approaches horizontal. <p>Equipment: water noodle</p> <p>Skill Used: Front Glide with Flutter Kick 15m</p>	staggered wave
10 min	<p>Side Rolls - 2020</p> <ol style="list-style-type: none"> 1. Review side glides with kick (one arm up, one arm down). 2. Review front glides with kick using the same arm position as the side glides with kick. 3. Demonstrate rolling forward from a side glide with kick into a front glide with kick (one arm up, one arm down). 4. Have swimmers practise until they are comfortable and are able to maintain a streamlined body position. 5. Demonstrate rolling from a front glide with kick (one arm up, one arm down) to a side glide with kick. Focus on the shoulder rolling out first. Note how head rolls to the side. 6. Have swimmers practise the front to side rolls, alternating sides, until they are comfortable and able to maintain a streamlined body position. <p>Equipment: none</p> <p>Skill Used: Side Glide with Flutter Kick 10m</p>	wave

Lesson #2 of 2 (continued)

Notes / Time	Activity / Topic	Formation
10 min	<p>Side Rolls - 2020</p> <ol style="list-style-type: none"> 1. Review side glides with kick (one arm up, one arm down). 2. Review front glides with kick using the same arm position as the side glides with kick. 3. Demonstrate rolling forward from a side glide with kick into a front glide with kick (one arm up, one arm down). 4. Have swimmers practise until they are comfortable and are able to maintain a streamlined body position. 5. Demonstrate rolling from a front glide with kick (one arm up, one arm down) to a side glide with kick. Focus on the shoulder rolling out first. Note how head rolls to the side. 6. Have swimmers practise the front to side rolls, alternating sides, until they are comfortable and able to maintain a streamlined body position. <p>Equipment: none</p> <p>Skill Used: Front Glide/Side Glide Combination 10m (Assisted)</p>	wave
5 min	<p>Front/Side Glide Combo - 2020</p> <ol style="list-style-type: none"> 1. Swimmer can go with or without a buoyant aid to hold out in front in a front glide position 2. Swimmer flutter kicks while slowly exhaling with face in water 3. One arm pulls through the water into a side glide position 4. Swimmer takes a breath to the side, then recovers arm back to the front glide position (arm recovery can be under or over water, depending on level of swimmer) 5. Combination is then repeated on same arm for several repetitions, or can be used by alternating arms <p>Equipment: kick board</p> <p>Skill Used: Front Glide/Side Glide Combination 10m (Assisted)</p>	wave

Lesson #2 of 2 (continued)

Notes / Time	Activity / Topic	Formation
3 min	<p>Five Little Fishes</p> <ol style="list-style-type: none"> 1. Talk the swimmers through each step of Stop! Look! Ask! and then ask them if they want assistance when jumping in. 2. If a swimmer requests assistance, hold his or her hand. 3. Sing "Five Little Fishes Jumping in the Water," but have swimmers ask each time before they jump. <p>Equipment: none</p> <p>Skill Used: Jump in Change Direction Return to Safety in Deep Water</p>	
5 min	<p>Water Spaniels - 2020</p> <ol style="list-style-type: none"> 1. Sink objects underwater a short distance from the edge. 2. Have swimmers pretend to swim like a dog, face in the water, looking for buried bones, and swim back to the edge. 3. Swimmers retrieve the bones and swim back to the edge. <p>Equipment: sinking objects, clothes</p> <p>Skill Used: Sitting Dive Change Direction Return to Safety</p>	scatter
3 min	<p>Hot Potato</p> <ol style="list-style-type: none"> 1. Have swimmers tread water in a circle. 2. Have swimmers pass a ball from one person to another. 3. When you call, "Stop," the swimmer with the ball must perform a skill (e.g., bob five times, do a front float). <p>Equipment: ball</p> <p>Skill Used: Surface Support Deep Water 20 sec</p>	scatter
2 min	<p>Blast off - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers stand in shallow water at the wall. 2. Tell swimmers to pretend to be rocket ships. 3. You pretend to be a planet or star that the rocket ships want to explore. 4. Together you all count down, and ships blast off toward you, after everyone yells, "Blast off!" 5. Have swimmers move toward you in a glide formation on back or front, either individually or all together. 6. Have swimmers add a flutter kick to the glide for rocket "booster power." <p>Equipment: none</p> <p>Skill Used: Flutter Kick 15m</p>	circle