

## Lesson #1 of 4

Notes / Time	Activity / Topic
5 min	<b>Making a Float Plan - How to be a safe boater</b>
	<ol style="list-style-type: none"> <li>1. Explain this boating situation to swimmers: the boaters have equipment to check the weather but forgot their maps. They are lost. What else should they have done to prepare?</li> <li>2. Have swimmers suggest what information needs to be in a float plan.</li> <li>3. Use the float plan in your Deck Book and have each swimmer prepare one for the next lesson.</li> <li>4. Spread these activities out over a number of lessons.</li> </ol>
5 min	<b>Arms-Only Back Crawl - Back Crawl 15m</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers propel themselves through the water using only their arms, with any combination of a pull-buoy, hand paddles, and/or a rubber band to hold legs together.</li> <li>2. Use any the following combinations to strengthen arms-they range from least difficult (a) to most difficult (f): <ol style="list-style-type: none"> <li>a. Pull-buoy</li> <li>b. Pull-buoy and paddles</li> <li>c. Pull-buoy and band</li> <li>d. Band</li> <li>e. Pull-buoy, paddles, and band</li> <li>f. Paddles and band</li> </ol> </li> </ol>
3 min	<b>Controlled One-Arm Back Crawl - Back Crawl 15m</b>
	<ol style="list-style-type: none"> <li>1. Start kicking in sailboat position with the extended arm facing a lane rope. Hold this for the count of three. Use only the arm extended - the other stays relaxed at your side.</li> <li>2. Pull the extended arm and complete the pull down at your thigh</li> <li>3. As you complete the pull, roll the shoulder of the pulling arm up, well above the surface. Hold this position for three while you kick.</li> <li>4. Slowly recover the pulling arm. As your hand enters the water, roll the opposite shoulder up.</li> </ol>
3 min	<b>Catch-Up Front Crawl - Front Crawl 15m</b>
	<ol style="list-style-type: none"> <li>1. Can be used with the assistance of a buoyant aid</li> <li>2. Swimmer holds arms out in front glide position and swims front crawl one arm at a time. (Always returning arm to front glide position before taking next stroke)</li> </ol>
3 min	<b>Multi-Kick Drills - Front Crawl 15m</b>
	<ol style="list-style-type: none"> <li>1. In one stroke cycle, a normal kick cycle is a 6-beat kick (three kicks per arm pull). Have swimmers alter their kick cycle to reduce or increase the number of kicks per stroke cycle.</li> <li>2. You can suggest any combination to improve coordination, awareness, and speed of kick: 2-beat kick, 4-beat kick, 6-beat kick (normal cycle), 8-beat kick, 10-beat kick, 12-beat kick</li> </ol>
5 min	<b>Warm HELP - Staying Warm</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers put on their PFDs/Lifejackets and get into deep water.</li> <li>2. Have swimmers assume a HELP position, trying to stay still with their heads out of water. If they have trouble with this, tell swimmers they will roll to where their nose goes-so noses should point up and back.</li> <li>3. After one minute, have swimmers stretch open like starfish. Ask what parts of their body felt cold first.</li> <li>4. Discuss the importance of wearing a PFD/lifejacket in order to do HELP most efficiently.</li> <li>5. Discuss the importance of using HELP to protect major areas of heat loss.</li> </ol>
5 min	<b>Overboard - Disorienting Entries</b>
	<ol style="list-style-type: none"> <li>1. Demonstrate a forward roll. Emphasize covering your head, tucking your head, and pushing away from the edge.</li> <li>2. Spot swimmers as they practice. Have one hand on the back of their head (to protect their head and keep it tucked) and the other hand on the back of their legs (to make sure they push away from the edge).</li> <li>3. Repeat #1 and #2 for the side roll.</li> <li>4. Emphasize how these skills can help you recover from a fall into the water (from boat, dock edge, etc.).</li> </ol>
5 min	<b>Signal Kick - Flutter Kick 25m</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers kick with a kickboard at a slow-moderate pace, then kick as fast as they can when you signal (wave a kickboard, yell "faster").</li> <li>2. Have swimmers continue kicking hard until you signal again, which means they can return to slow-moderate kicking.</li> <li>3. Keep repeating the above steps.</li> <li>4. The type of kick, the duration between signals, and the duration of the drill is up to you.</li> </ol>

3 min	<b>Elbow Scull - Intro to Sculling in Shallow Water</b>
	<ol style="list-style-type: none"><li>1. Have swimmers lean over a pool water noodle so that only their forearms are hanging over.</li><li>2. Have swimmers practice their scull motion experimenting with ways to move forward.</li><li>3. Remove the assist when they are ready to attempt this skill without additional support.</li></ol>

## Lesson #2 of 4

Notes / Time	Activity / Topic
3 min	<b>Bent Arm Catch - Back Crawl 15m</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers float on their backs beside a wall, rope, lane rope, etc. Their arms should be at their sides.</li> <li>2. The swimmers recover their arm in the air and reach back behind their head to grab the rope.</li> <li>3. When they grab the rope, their elbow bends and they pull themselves along the rope.</li> <li>4. The swimmers let go and recover the same arm and repeat the pull.</li> <li>5. At the end of the rope, swimmers switch sides and repeat the drill with the other arm.</li> </ol>
3 min	<b>1, 2, 3, Switch - Back Crawl 15m</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers glide and kick on their back with one arm extended above their head and the other down at the side, holding the other shoulder out of the water.</li> <li>2. Have swimmers kick in this position for three seconds, then recover arm above water and switch arms.</li> <li>3. Have them hold this position for another three seconds before switching back to other arm once again.</li> <li>4. This drill should look like a slow back crawl with a pause just before each arm recovery. This helps swimmers keep arms in opposition to one another.</li> </ol>
3 min	<b>Continuous Side Rolls - Front Crawl 15m</b>
	<ol style="list-style-type: none"> <li>1. Review rolling from side to front and front to side.</li> <li>2. Demonstrate a continuous side roll. Roll from your side to front, to your side to your front, etc. Emphasize the movement of the shoulder and stress that the action is slow.</li> <li>3. Have swimmers practice over a distance of 10-15m. Make sure swimmers are comfortable on their side before rolling back to their front.</li> <li>4. To increase proficiency, have swimmers practice rolling to their left for one width, then rolling to their right for a second width.</li> </ol>
4 min	<b>Slow Flutter Kick on Back - Front Crawl 15m</b>
	<ol style="list-style-type: none"> <li>1. Begin in the back float position and gradually add a slow flutter kick.</li> <li>2. Kick just fast enough to keep the bottom of your rib cage at the surface</li> <li>3. Kick a lap</li> <li>4. Kick as slowly as possible while maintaining correct body position</li> <li>5. Stay relaxed, keep your head back</li> </ol>
5 min	<b>Signal Kick - Flutter Kick 25m</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers kick with a kickboard at a slow-moderate pace, then kick as fast as they can when you signal (wave a kickboard, yell "faster").</li> <li>2. Have swimmers continue kicking hard until you signal again, which means they can return to slow-moderate kicking.</li> <li>3. Keep repeating the above steps.</li> <li>4. The type of kick, the duration between signals, and the duration of the drill is up to you.</li> </ol>
3 min	<b>Triple Kick - Whip Kick on Back 10m</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers perform three whip kicks for every one arm pull in breast stroke.</li> <li>2. Make sure swimmers keep their face in the water with arms extended as they perform the additional breast stroke kicks.</li> <li>3. Emphasize the proper timing of breast stroke (pull, breathe, kick, glide) as well as additional practice of the whip kick.</li> </ol>
3 min	<b>Front Whip - Whip Kick on Back 10m</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers perform the whip kick on their front while holding onto a kickboard at the chin level (this will encourage a slanted body position, not a horizontal one).</li> <li>2. Don't promote a horizontal position until the completion of the kick.</li> <li>3. Have swimmers try this two ways: with face in and out of the water.</li> </ol>
5 min	<b>The Boating Experience - How to be a safe boater</b>
	<ol style="list-style-type: none"> <li>1. Provide "boating" experiences at various points in the lesson set. Examples may include going boating when a storm is coming (make big waves with kickboards), boating where there are many large, fast boats (Instructor whizzes by making large waves), swimming in currents, etc.</li> <li>2. Have swimmers explain why the simulated situations (locations or times) may or may not be suitable for safe boating.</li> </ol>

5 min	<b>Warm HELP - Staying Warm</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers put on their PFDs/Lifejackets and get into deep water.</li> <li>2. Have swimmers assume a HELP position, trying to stay still with their heads out of water. If they have trouble with this, tell swimmers they will roll to where their nose goes-so noses should point up and back.</li> <li>3. After one minute, have swimmers stretch open like starfish. Ask what parts of their body felt cold first.</li> <li>4. Discuss the importance of wearing a PFD/lifejacket in order to do HELP most efficiently.</li> <li>5. Discuss the importance of using HELP to protect major areas of heat loss.</li> </ol>
5 min	<b>Overboard - Disorienting Entries</b>
	<ol style="list-style-type: none"> <li>1. Demonstrate a forward roll. Emphasize covering your head, tucking your head, and pushing away from the edge.</li> <li>2. Spot swimmers as they practice. Have one hand on the back of their head (to protect their head and keep it tucked) and the other hand on the back of their legs (to make sure they push away from the edge).</li> <li>3. Repeat #1 and #2 for the side roll.</li> <li>4. Emphasize how these skills can help you recover from a fall into the water (from boat, dock edge, etc.).</li> </ol>
5 min	<b>Target Dive - Stride Dive</b>
	<ol style="list-style-type: none"> <li>1. Place a target (one for each swimmer) on the bottom of the pool.</li> <li>2. Have swimmers point their hands toward the target as they dive in.</li> </ol>
3 min	<b>Star Scull - Intro to Sculling in Shallow Water</b>
	<ol style="list-style-type: none"> <li>1. Spread swimmers into a circle. Make sure there is an arm's length distance between each swimmer.</li> <li>2. Have swimmers simultaneously scull head first toward a kickboard in the center of the circle.</li> <li>3. As their skills improve, change their body position in the center of the circle to spread their legs to make a star position.</li> </ol>
3 min	<b>Hot Potato - Tread Water 1 min</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers tread water in a circle.</li> <li>2. Have swimmers pass a ball from one person to another.</li> <li>3. When you call, "Stop," the swimmer with the ball must perform a skill (e.g., bob five times, do a front float).</li> </ol>
5 min	<b>Choose a Stroke - Distance Swim 50m</b>
	<ol style="list-style-type: none"> <li>1. Organize swimmers into two teams. The teams face each other in the water.</li> <li>2. Instruct them to swim front crawl away from each other. On your signal, they turn and swim back toward each other.</li> <li>3. The first swimmer to reach the starting point chooses the next stroke.</li> </ol>

## Lesson #3 of 4

Notes / Time	Activity / Topic
3 min	<p><b>Double Arm Back Crawl - Back Crawl 15m</b></p> <ol style="list-style-type: none"> <li>1. Swimmer recovers and pulls with both arms simultaneously</li> <li>2. This focuses on feeling power in the pull phase of the stroke Strong flutter kick is maintained throughout</li> </ol>
5 min	<p><b>Making a Float Plan - How to be a safe boater</b></p> <ol style="list-style-type: none"> <li>1. Explain this boating situation to swimmers: the boaters have equipment to check the weather but forgot their maps. They are lost. What else should they have done to prepare?</li> <li>2. Have swimmers suggest what information needs to be in a float plan.</li> <li>3. Use the float plan in your Deck Book and have each swimmer prepare one for the next lesson.</li> <li>4. Spread these activities out over a number of lessons.</li> </ol>
3 min	<p><b>Head-Up Front Crawl - Front Crawl 15m</b></p> <p>Have swimmers perform a proper front crawl stroke while keeping their head up, stationary, and facing forward.</p>
3 min	<p><b>Tight Toes (Variation: Front Crawl) - Front Crawl 15m</b></p> <ol style="list-style-type: none"> <li>1. Place swimmers in a wave formation. Have swimmers perform front or back glides with kick over a distance of 10m.</li> <li>2. Direct them to kick with flexed ankles, then with pointed toes, and then with loose ankles.</li> <li>3. Discuss which kick was most efficient.</li> </ol>
5 min	<p><b>Signal Kick - Flutter Kick 25m</b></p> <ol style="list-style-type: none"> <li>1. Have swimmers kick with a kickboard at a slow-moderate pace, then kick as fast as they can when you signal (wave a kickboard, yell "faster").</li> <li>2. Have swimmers continue kicking hard until you signal again, which means they can return to slow-moderate kicking.</li> <li>3. Keep repeating the above steps.</li> <li>4. The type of kick, the duration between signals, and the duration of the drill is up to you.</li> </ol>
3 min	<p><b>Kickboard Kick - Whip Kick on Back 10m</b></p> <p>Have swimmers swim whip kick on their backs while holding a kickboard over their chest. The kickboard helps them maintain a horizontal body position in the water.</p>
3 min	<p><b>Water noodle Kick - Whip Kick on Back 10m</b></p> <ol style="list-style-type: none"> <li>1. Have swimmers hold a water noodle under their arms and perform a whip kick in a seated body position.</li> <li>2. In this position, swimmers can look at the form of their kick and try to correct it with the help of your feedback.</li> </ol>
5 min	<p><b>Warm HELP - Staying Warm</b></p> <ol style="list-style-type: none"> <li>1. Have swimmers put on their PFDs/Lifejackets and get into deep water.</li> <li>2. Have swimmers assume a HELP position, trying to stay still with their heads out of water. If they have trouble with this, tell swimmers they will roll to where their nose goes-so noses should point up and back.</li> <li>3. After one minute, have swimmers stretch open like starfish. Ask what parts of their body felt cold first.</li> <li>4. Discuss the importance of wearing a PFD/lifejacket in order to do HELP most efficiently.</li> <li>5. Discuss the importance of using HELP to protect major areas of heat loss.</li> </ol>
5 min	<p><b>Overboard - Disorienting Entries</b></p> <ol style="list-style-type: none"> <li>1. Demonstrate a forward roll. Emphasize covering your head, tucking your head, and pushing away from the edge.</li> <li>2. Spot swimmers as they practice. Have one hand on the back of their head (to protect their head and keep it tucked) and the other hand on the back of their legs (to make sure they push away from the edge).</li> <li>3. Repeat #1 and #2 for the side roll.</li> <li>4. Emphasize how these skills can help you recover from a fall into the water (from boat, dock edge, etc.).</li> </ol>
5 min	<p><b>Target Dive - Stride Dive</b></p> <ol style="list-style-type: none"> <li>1. Place a target (one for each swimmer) on the bottom of the pool.</li> <li>2. Have swimmers point their hands toward the target as they dive in.</li> </ol>

3 min	<b>Elbow Scull - Intro to Sculling in Shallow Water</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers lean over a pool water noodle so that only their forearms are hanging over.</li> <li>2. Have swimmers practice their scull motion experimenting with ways to move forward.</li> <li>3. Remove the assist when they are ready to attempt this skill without additional support.</li> </ol>
3 min	<b>Hot Potato - Tread Water 1 min</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers tread water in a circle.</li> <li>2. Have swimmers pass a ball from one person to another.</li> <li>3. When you call, "Stop," the swimmer with the ball must perform a skill (e.g., bob five times, do a front float).</li> </ol>
10 min	<b>Intervals - Distance Swim 50m</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers perform 6 X 25m using the stroke of their choice, with a 15-second rest in between.</li> <li>2. In the next lesson, decrease the rest to 10 seconds, then 5 seconds in the following lesson.</li> <li>3. Finally, have the swimmers perform this continuously, without any rest.</li> <li>4. Once they are comfortable with this, then have them perform the distance with the same stroke.</li> </ol>

## Lesson #4 of 4

Notes / Time	Activity / Topic
3 min	<b>Rocket Ship Kick - Back Crawl 15m</b>
	<ol style="list-style-type: none"> <li>Flutter kick on back with arms above head instead of down at sides</li> <li>Focus is on maintaining a straight, streamlined body position</li> </ol>
3 min	<b>1, 2, 3, Switch - Back Crawl 15m</b>
	<ol style="list-style-type: none"> <li>Have swimmers glide and kick on their back with one arm extended above their head and the other down at the side, holding the other shoulder out of the water.</li> <li>Have swimmers kick in this position for three seconds, then recover arm above water and switch arms.</li> <li>Have them hold this position for another three seconds before switching back to other arm once again.</li> <li>This drill should look like a slow back crawl with a pause just before each arm recovery. This helps swimmers keep arms in opposition to one another.</li> </ol>
5 min	<b>Making a Float Plan - How to be a safe boater</b>
	<ol style="list-style-type: none"> <li>Explain this boating situation to swimmers: the boaters have equipment to check the weather but forgot their maps. They are lost. What else should they have done to prepare?</li> <li>Have swimmers suggest what information needs to be in a float plan.</li> <li>Use the float plan in your Deck Book and have each swimmer prepare one for the next lesson.</li> <li>Spread these activities out over a number of lessons.</li> </ol>
3 min	<b>Counting Strokes (Variations: All Strokes) - Front Crawl 15m</b>
	<ol style="list-style-type: none"> <li>Have swimmers swim 25m using any stroke and count the number of arm pulls they perform in that distance.</li> <li>Then have swimmers swim another 25m, trying to use fewer strokes.</li> </ol>
3 min	<b>Catch-Up Front Crawl - Front Crawl 15m</b>
	<ol style="list-style-type: none"> <li>Can be used with the assistance of a buoyant aid</li> <li>Swimmer holds arms out in front glide position and swims front crawl one arm at a time. (Always returning arm to front glide position before taking next stroke)</li> </ol>
5 min	<b>Signal Kick - Flutter Kick 25m</b>
	<ol style="list-style-type: none"> <li>Have swimmers kick with a kickboard at a slow-moderate pace, then kick as fast as they can when you signal (wave a kickboard, yell "faster").</li> <li>Have swimmers continue kicking hard until you signal again, which means they can return to slow-moderate kicking.</li> <li>Keep repeating the above steps.</li> <li>The type of kick, the duration between signals, and the duration of the drill is up to you.</li> </ol>
5 min	<b>Warm HELP - Staying Warm</b>
	<ol style="list-style-type: none"> <li>Have swimmers put on their PFDs/Lifejackets and get into deep water.</li> <li>Have swimmers assume a HELP position, trying to stay still with their heads out of water. If they have trouble with this, tell swimmers they will roll to where their nose goes-so noses should point up and back.</li> <li>After one minute, have swimmers stretch open like starfish. Ask what parts of their body felt cold first.</li> <li>Discuss the importance of wearing a PFD/lifejacket in order to do HELP most efficiently.</li> <li>Discuss the importance of using HELP to protect major areas of heat loss.</li> </ol>
3 min	<b>Water noodle Kick - Whip Kick on Back 10m</b>
	<ol style="list-style-type: none"> <li>Have swimmers hold a water noodle under their arms and perform a whip kick in a seated body position.</li> <li>In this position, swimmers can look at the form of their kick and try to correct it with the help of your feedback.</li> </ol>
3 min	<b>Whip Kick Power - Whip Kick on Back 10m</b>
	<ol style="list-style-type: none"> <li>Have students sit on the edge while you manipulate their legs.</li> <li>Apply a slight force on the inside of the foot.</li> <li>Tell students to force their legs forward (against the resistance).</li> <li>Have students then hold the edge from in water and put the inside of their ankle and foot against the edge.</li> <li>Students then push legs forward to move away from the edge.</li> </ol>
5 min	<b>Target Dive - Disorienting Entries</b>
	<ol style="list-style-type: none"> <li>Place a target (one for each swimmer) on the bottom of the pool.</li> <li>Have swimmers point their hands toward the target as they dive in.</li> </ol>

3 min	<b>Elbow Scull - Intro to Sculling in Shallow Water</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers lean over a pool water noodle so that only their forearms are hanging over.</li> <li>2. Have swimmers practice their scull motion experimenting with ways to move forward.</li> <li>3. Remove the assist when they are ready to attempt this skill without additional support.</li> </ol>
3 min	<b>Hot Potato - Tread Water 1 min</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers tread water in a circle.</li> <li>2. Have swimmers pass a ball from one person to another.</li> <li>3. When you call, "Stop," the swimmer with the ball must perform a skill (e.g., bob five times, do a front float).</li> </ol>
10 min	<b>Intervals - Distance Swim 50m</b>
	<ol style="list-style-type: none"> <li>1. Have swimmers perform 6 X 25m using the stroke of their choice, with a 15-second rest in between.</li> <li>2. In the next lesson, decrease the rest to 10 seconds, then 5 seconds in the following lesson.</li> <li>3. Finally, have the swimmers perform this continuously, without any rest.</li> <li>4. Once they are comfortable with this, then have them perform the distance with the same stroke.</li> </ol> <p>Variation: Have them choose their most difficult stroke.</p>