

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 1

Notes / Time	Activity / Topic	Formation
5 min	<p>Water noodle Eggbeater - 2020</p> <p>Have swimmers sit on a water noodle while practicing proper eggbeater kick, using the water noodle to assist with buoyancy. Sitting on a water noodle allows swimmers to see how well they're achieving a proper form.</p> <p>Equipment: water noodle</p> <p>Skill Used: Eggbeater/Tread Water 3 min</p>	circle
3 min	<p>Genie in a Bottle - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers stand in a circle in the shallow end, with their feet on the bottom. 2. Tell swimmers to imagine that they are a genie in a bottle. 3. To get out of the bottle, they must "sneak" their thumbs up their sides, until their hands are above their head. 4. Keeping the elbows bent, turn their hands out to grab the top of the bottle. 5. Push down their sides to pop themselves out. 6. Demonstrate this with them at the same time, providing verbal cues. <p>Equipment: none</p> <p>Skill Used: Elementary Back Stroke 25m</p>	circle

Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
3 min	<p>Shark Crawl Drill - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers do front crawl while pausing for three seconds midway during the recovery phase. 2. At this point, their arm should be out of the water and their elbow should be bent at 90° so that the high elbow looks like a shark fin. <p>Equipment: none</p> <p>Skill Used: Front Crawl 75m</p>	wave
5 min	<p>Kickboard Ice - 2020</p> <ol style="list-style-type: none"> 1. Use kickboards to show how thick ice may be. 2. Ask swimmers to pile up kickboards until they think the ice is thick enough for different winter ice activities. 3. Measure the thickness of the kickboards with a ruler. 4. Confirm that swimmers are correct (or incorrect) in how thick they think the ice should be. 5. Repeat exercise for a different ice activity (e.g., skating or snowmobiling). <p>Equipment: kickboards, ruler</p> <p>Skill Used: Hypothermia</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: Dangers of Open Water</p>	circle

Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
3 min	Rolling Shoulders - 2020	wave
	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.	
	Equipment: none	
	Skill Used: Back Crawl 75m	
4 min	Front Scull - 2020	wave
	1. Have swimmers use a proper front scull technique, swimmers propel themselves through the water using only their arms, while using any combination of a pull-buoy, hand paddles, and/or a rubber band to hold their legs together around their ankles. 2. Have swimmers perform a front scull through two phases of the breast stroke pull: * catch phase (arms out in front, mostly extended), then * power phase. 3. Use any the following combinations to strengthen arms-they range from least difficult (a) to most difficult (f): a. Pull-buoy b. Pull-buoy and paddles c. Pull-buoy and band d. Band e. Pull-buoy, paddles, and band f. Paddles and band	
	Equipment: pull-buoy, paddles, band	
	Skill Used: Breast Stroke 15m	

Lesson #1 of 1 (continued)

Notes / Time	Activity / Topic	Formation
5 min	<p>Target Dive - 2020</p> <ol style="list-style-type: none"> 1. Place a target (one for each swimmer) on the bottom of the pool. 2. Have swimmers point their hands toward the target as they dive in. <p>Equipment: sinking toys for target on bottom of pool</p> <p>Skill Used: Standing Shallow Dive</p>	
3 min	<p>Surface Dive - 2020</p> <ol style="list-style-type: none"> 1. Have swimmers practise treading water with their arms out to their sides at the surface. 2. Have swimmers practise pushing their arms straight down their sides. Their shoulders should rise above the water's surface. 3. Have swimmers push down with their hands and kick their legs together to rise higher above the water. 4. Tell swimmers to keep their hands at their side and legs together after the push and kick, until they sink. <p>Equipment: none</p> <p>Skill Used: Feet-First Surface Dive</p>	circle
4 min	<p>Breathing Drill for Breast Stroke - 2020</p> <ol style="list-style-type: none"> 1. Swimmer swims breast stroke while altering breathing cycle to increase lung capacity 2. Swimmers perform combinations of strokes at water level (up) and underwater (down) 3. Can increase difficulty incrementally using the following combinations: 4. 2 up, 3 down - least difficult - 1 up, 3 down, 2 up, 4 down, -1 up, 4 down, most difficult <p>Equipment: none</p> <p>Skill Used: Distance Swim 300m</p>	length circle