

Level 2: General Sample

Glides! Glides! Glides! Mix in some arm strokes; and begin teaching comfort on back.

3 x walk in a square with benches 1' apart.
Must go underwater when crossing the gap.
- Advanced swimmers must do front glide across gap.
- Move fast
- Gap bigger for better.

6 x total, front glide from b2b. - Start in the same corner; wait turn.
- "shoulders in water, arms forward, face in, push off to other bench" Every time.
- Establish habit; keep low

Put 5/10 toes above water without touching anything else.

- Adapt 1: put 5 toes above water for 2 seconds with only foot touching something
- Adapt 2: put 5 toes with only using hand to hold something.

Activity 3:

Benches more than 1 body length apart.
6 x total, front glide from b2b. - repeat script from before
- farther apart than Activity 2.
- Encourage kicking to get distance
- Focus on body/head position.

Activity 4:

Practice big circular arms on deck.
Benches same distance as 3.
- glide first, do 2 arm strokes when see other bench
- Streamline 1/2 way, do arm circles and kicks to get the other half.
- Big wide circles best; body straight, head down important.

Game 2:

Spin in a circle with head above water without touching anything; treading.

- Keep chin out of water.
- Do it while sitting on a kick board.
- Do more spins, or one hand.

Activity 5:

6 x do back glide from b2b "Turn around, shoulders in, tilt head back, push off gentle"
- INS help when they get to 2nd bench. Lift hand.
- To support, put hand under the head/neck only. Let swimmer keep body and legs at surface

Activity 6:

Aim one bench at open water.
- 3 x supported back crawl with INS
- Script: turn around, shoulders in...
- Support only head.
- Look for straight body, hips up, legs light kick.
- Arms straight above water. Aim fingers at ceiling. Circular push.

Game 3:

Over the bench.
- 2 x float on back 2 seconds, roll over on belly, float like a star 2 seconds. Roll over on back, float on back for 2 seconds.
Adds:
- do flip, roll again, or kick to other bench.