



Script:

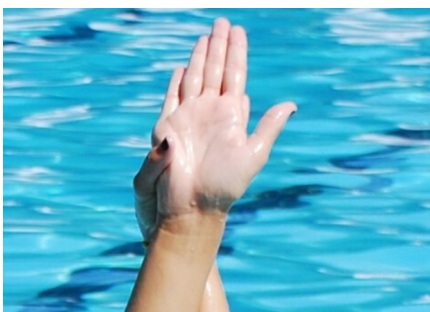
- Lock your thumb
- Squeeze your ears
- Look down

Build a streamline habit.

Repeat this script every day, and if possible every attempt.

Enforce even small mistakes with feedback and correction.

Aim for mastery in each of the three things for streamline.

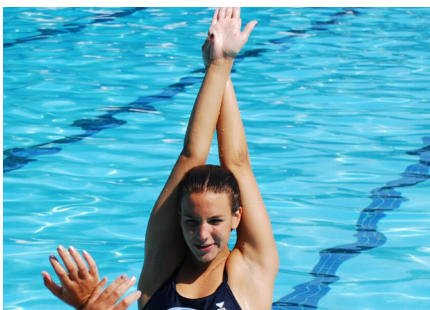


Lock your thumb

Wrap your top hand's thumb around the outside of your bottom hand.

Ensure a strong squeeze to prevent hand from slipping off.

Especially good for diving. We lock the thumb to avoid slippage and make squeezing ears easier.



Squeeze your ears

Press into your top hand's thumb as you flex your arms to squeeze your ears with your elbows just behind the head.

Arms go over the ear and back of head.

Avoid "squeezing your eyes" with elbows. Further back is better.



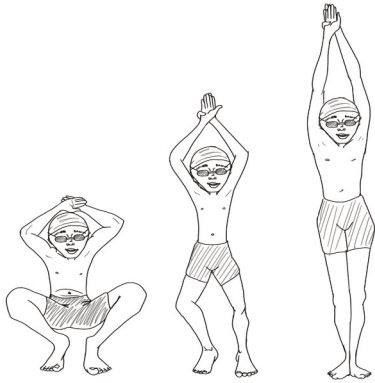
Look Down

Keep your spine in line and flat by flexing your back and stomach. Stretch.

Point face perpendicular to the bottom, or surface.

Face aims same direction as belly button.

Streamline Progressions

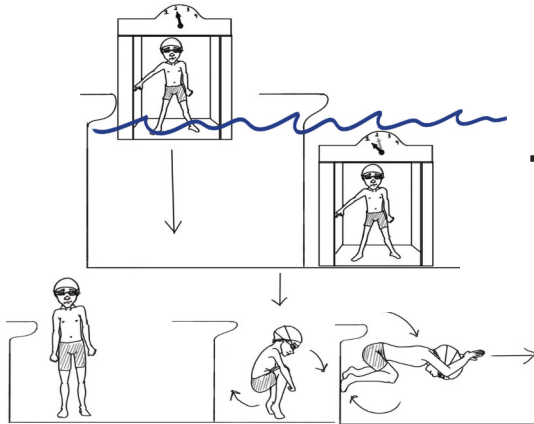


Sprout Squats

Squat down keeping your back straight with hands on your head like a "little sprout" plant.

Stand up and "grow" into a streamline as you extend your legs keeping your back and head straight.

Do 5 x squat like a little sprout grow into a streamline.

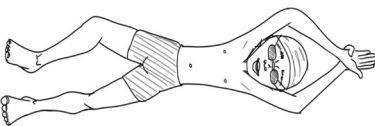


Take the Elevator Down

Do this activity to avoid the push off the surface then a long "U" shaped SL.

Jump off the bottom and fall down to the bottom of the pool.

Do it again, but this time after touching bottom with butt, rotate forward so you're looking down and plant 2 feet on the wall. Add arms to the head, and eventually grow into a streamline.



1/2 Streamline on the surface

Have swimmers start on the surface of the water face down.

Put hands in the "sprout" position on top of the head with elbows flaring to the sides.

Be far enough away from the wall that knees are only slightly bent under body.

Push off with a 1/2 push extending into SL

Be a broken record. "Streamline, Streamline, Streamline." Build the habit.

Repetition

Reinforce it at every opportunity focusing on one of the three things to have a good one. Inject the word into your vocabulary and focus on it first all the time. Address most of your feedback on the quality of the SL.

Goals:

- Learn student names
- Earn trust:
- Focus on fun and routines
- Introduce self
- Demonstrate all activities first,
- Introduce framework
- Give clear expectations
- and offer modified alternatives
- Smile, laugh, play

Activity 1:

Bubbles and Bobs

Ask everyone their age. Do that number of bobs with bubbles.

If swimmer does not want to go completely underwater, offer alternative following underwater progression:

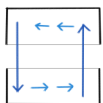
Shoulders, Chin, Lips, Nose, etc.

Activity 2:

Walk around the pool

Push benches together, or in a space they can stand, walk in a square or circle.

Keep swimmers moving. Each time they get to a corner, kiss the water.



Challenge 1:

Lift one foot out of the water, including all five toes.

Bonus: Do it without holding onto anything.

Super Bonus: Lift 10 toes out of the water.

Activity 3:

Walk around the pool with bubbles

Continue walking in the same square space or across two benches.

Kiss the water in the corners, but when passing from one bench to the other must put lips in and blow bubbles.

Activity 4:

Introduce supported front glides with instructor.

Begin close, and support swimmer so that they do not go underwater.

Encourage chin in water.



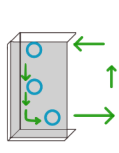
Challenge 2:

Get a ring from the bottom of the pool with the following:

1. Get with your foot.
2. Get with your hand and INS help.
3. Get with hand, but no help.
4. Get with hand and mouth in the water too.

Activity 5:

Reaching for the wall



Stand just out of arms reach from the wall; orient bench aimed at wall.

Reach for wall with both hands. Monkey walk along wall, and reach back to the bench.

Activity 6:

Supported front glide with a reach.



Stand a little further away, have swimmer reach for INS shoulders.

Encourage putting lips, nose, in the water during support.

Challenge 3:

Bake a Cake Game

- Add ingredients by splashing
- Mix them up with arms
- Put in oven (under bench)
- Do front glides or activity
- Check on cake (eyes in water)
- Help lift cake
- Blow on it to cool off
- Eat with face or splashing cheeks

Cues:

"Ready, Go."

"We're doing front glides."

Who wants to go first?

"Put your chin in the water. Great!"

Now put your lips in. Wonderful!"

"Kiss the water like this..."

"Would you like to go underwater?"

"Put your hands on my shoulders."

"Kiss the water in the corners."

Activity 7:

Super Splashes

Hold the bench with both hands and make the biggest splashes possible with both feet.

If possible splash INS's face.

Hold a bucket near splashes and see if they fill it.

Activity 8:

Supported Back Glides

Head resting on shoulder.

Sing Twinkle Twinkle Little Star.



Challenge 4:

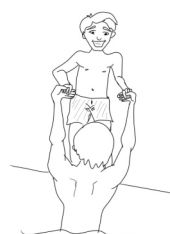
Jump high enough so that your belly button gets above the water.

Challenge 4.5

Jumps from the si

Ask:

"Do you want to go underwater?"



Activity 9:

Lowering Hula Hoop

Hold a hula hoop so that the circle is $\frac{1}{2}$ in the water and $\frac{1}{2}$ out.

Swimmers must kiss water as they walk or glide through.

Lower hoop each round until they go underwater.

Activity 10:

Supported Back Glides

Transition from Head on Shoulder to Head in Hand position during the glide.



Challenge 5:

Lay on your back with only 2 fingers helping you stay afloat.

Do supported back floats.

Hold swimmer at surface without falling underwater with two fingers on back of neck. Adjust for anxiety.

Activity 11:

Treasure Hunt Game

Using a kickboard as your "boat," collect toys scattered around the pool or on the deck. Each time a swimmer brings one back they must carefully add it to the boat pile. Collect toys by putting lips in the water or by doing supported glides to get.

Activity 12:

Tornado Twister Game

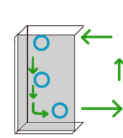
With as many toys you have available create a "tornado" where they all fall off your "treasure ship."

Swimmers must collect toys by blowing bubbles to herd them back or get off the bottom.

Challenge 6:

Monkey walk to leave

Start on the bench aimed at the wall.



Front glide with lips kissing the water to reach the wall.

With both hands and feet monkey walk sideways to the exit.

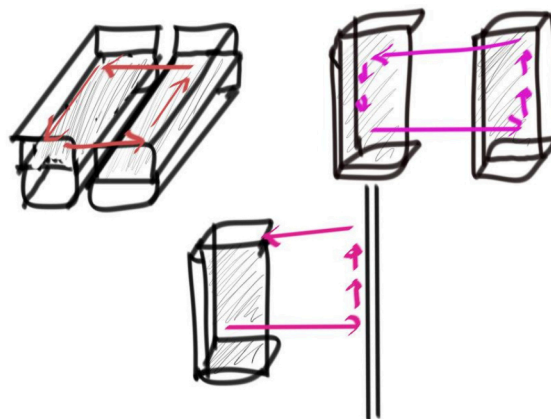
Activity, Activity, Game

Activities to do:

- 3 x Walk in a square with benches touching face to face.
- 3 x walk in a square with benches 1' apart. Must go underwater when crossing the gap.
- 3 x aim face of b. at wall. Go from b to wall, monkey walk along wall and back to b.
- 2 x each Supported front glides with INS Throw a toy and get it together.
- 2 x supported back float; sing song. Give choice: twinkle, twinkle, or row row row boat.
- Jumps from side with instructor; ask if want to go under; honor choice. Smile, have fun. Do often. Earns trust.
- Visit deep end. Have them walk on deck. Do jumps and supported glides; exposure -> trust.

Games:

- Sit on edge and push a floating toy underwater with feet. Put a sinking toy on top, and make splashes to move it away.
- Bake a Cake/Pizza
- London Bridge with hula hoop; walk through
- Limbo under and through hula hoop; eyes in? Buckethead/ Bucketshoulder; ask which and do, then have them do it to you. only rule? Gotta say it with INS "Bucketshoulder!"
- Jumps from the side. "Do you want to go under?" Ok, 1, 2, 3! adhere to their choice. Throw a toy and get it
- Supported back glides throwing ball in air while on back and catching
- Get diving rings with feet, hands, Treasure ship
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-
-



Use benches, or shallow water with cones marked at corners of square. Start with benches touching, and over time move them apart.

Benches and shallow water are crucial to success.

Focus on getting comfortable moving in water, and generate trust and comfort getting wet and going underwater b2b = bench to bench

Language:

Do jumps, before turn, ask "Do you want to go underwater?" honor answer

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- Speak in commands, statements. Avoid questions.

"We're baking a cake! Put your lips in the water: blow!"
not "do you want to bake a cake?"

-
- Create fantasy, live it, play.

INS tips:

Earn trust through honesty; through example.

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- Play the long game; no rush to get kids in NOW. Play, have fun, win them over.

Keep them moving! stimulate and distract with activities and games or songs.

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- Let them do things alone, even if they are slow at it.
- Smile! Laugh! Have fun!

Go underwater
unassisted

Supported
front float with
face in water

Supported
back float with
ears in water

Go underwater,
then stand up
on own

Level 1 testable skills; Earn trust, Encourage under

Level 1: General Sample

Motion, movement and trust. Let explore, move on own, and be helpful; earn trust -> bravery for skills.

Activity 1:

- 3 x walk in a square with benches face to face, touching.
- Must touch every corner
 - When crossing benches must say a food they eat
 - Keep moving.

Activity 2:

- 3 x walk in square, benches same.
- At every corner must "kiss" water.
 - When crossing benches must put chin in the water, or nose.

Game 1:

- Bake a Cake/Pizza
- Hold hula hoop, ask what everyone wants to put in it.
 - Mix all ingredients with arms
 - Put in oven under bench
 - Do jumps, come back and eat.

Activity 3:

- Aim 1 bench at wall, about 1' away. Stand on bench corner, and reach to wall by self
Give small boost.
- Close enough so 3 yo. can fall and grab wall w/ toes on bench.
 - Monkey walk to end of bench, return to b. with help.

Activity 4:

- Move the bench 2 body lengths away from wall. Facing it.
- 3 x Supported front glides with INS or with float (board/barbell) from b. to the wall.
- at wall, let go, monkey walk
 - Supported back glide back to b.

Game 2:

- 3 x jumps from the side.
- Ask: "Do you want to go underwater?" Adhere to response; keeping head above if answer is "no."
 - Have swimmer hold your fingers, then hold their hand; use their grip to help keep them up.

Activity 5:

- 2 x Supported back glides with instructor.
- Sing a song while doing float/ glide.
 - Give swimmer choice of song between two options. Twinkle, Twinkle, or Row, Row Boat, or Old Man Snoring.

Activity 6:

- Give everyone a floating toy and a sinking toy.
- Put cheek on the floating toy while it floats.
 - Put nose on floating toy, and try to push under.
 - Get sinking toy with feet.
 - Get sinking toy with hands.

Game 3:

- Buckethead/Bucketsoulder
- Ask each what they want, "buckethead or soulder?" Pour water on shoulder or back of head based on response.
 - Tell them what you want, and have them do to you; required to say, "Buckethead: when pouring.

Underwater and Glides

Underwater:

Ask swimmers to go underwater repeatedly throughout lessons.

Give commands:

- Kiss the water
- Put your nose in

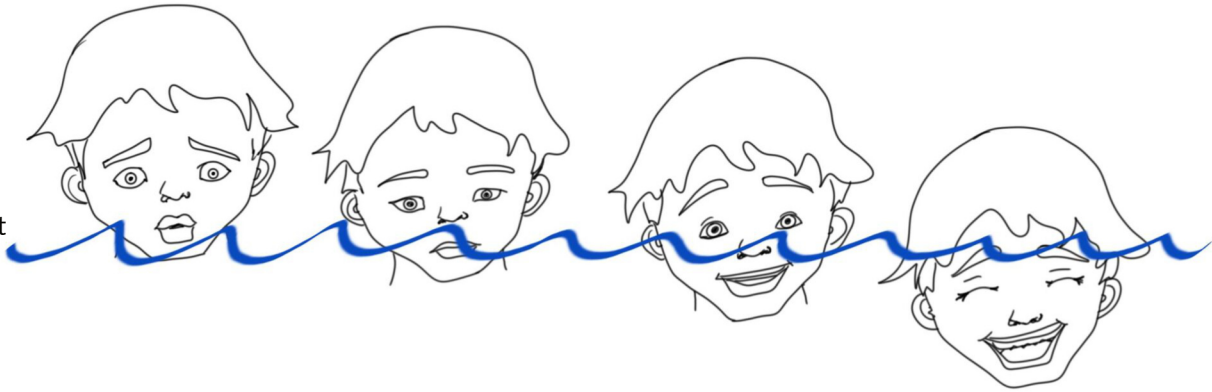
If swimmer does one, ask/tell them to do the next. Repeat at their comfort. If they kiss, ask to put lips in. If they do nose, ask for eyes.

Kiss the water

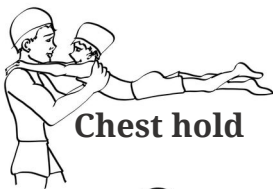
Lips under

Nose under

Eyes under



Front Glides:



Chest hold



Outside hip hold



Hands in hand



Short glide, then hands in hand

Back Glides:



Head on shoulder

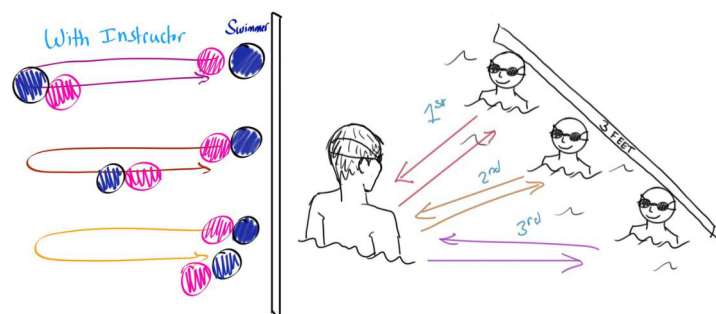
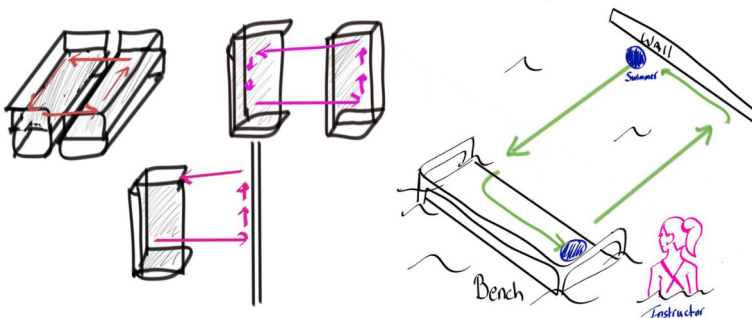


Head in hand



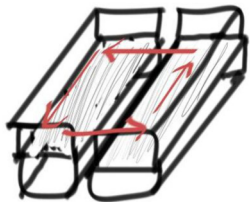
Neck on fingertips

Setting up your space with benches or without:



Follow this formula for your lessons: Activity, Activity, Game

Circle Moving:



Get them moving!

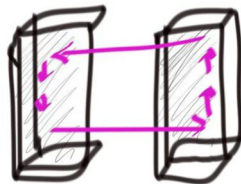
Have swimmers move in a counter clockwise motion around the corners of the benches, or in a small walkable area.

Have each swimmer touch each corner.

Move, without stopping, for 4 complete squares.

No benches? Follow same pattern in shallow water.

Moving +:



Separate the benches by 1 foot.

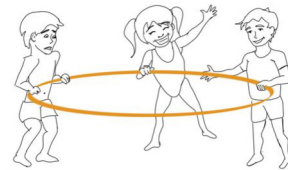
Keep swimmers moving touching each corner. Avoid pauses or stopping.

When they get to the gap, must "kiss" the water then cross.

Advanced swimmers can put nose in, or eyes.

Goal: put face in water and "swim" across.

Bake a Cake:



Take turns, splash ingredients into cake. Mix it up with your whole arm. Push cake into oven (under bench).

- Do Front glides, jumps, or circle moving.

Check on cake, "Is it ready?" eyes under. Pull cake out from under, ask for help. Blow on cake to "cool it off." Eat cake with hand scooping water or making loud goofy noises face in water.

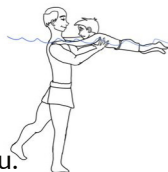
Front Glides:



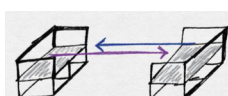
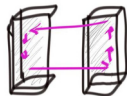
Start close so swimmer can begin with hands on shoulders.

Increase distance away over time.

Make swimmer reach for you.



Front Glides +:

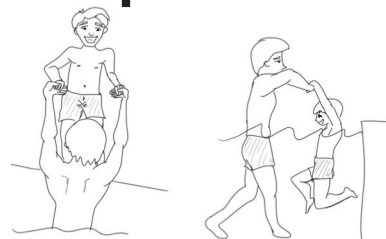


Keep swimmers moving. Avoid leading them stop unless getting feedback from instructor.

Separate the benches so they must jump, glide, or reach across the gap.

Goal is a front glide without help over a sizable gap between 1/2 - 2 body lengths.

Jumps from side:



Have swimmer hold your hands.

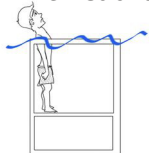
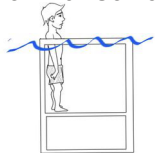
Control the depth they jump in with your arms by keeping elbows high.

"Do you want to go underwater?" Adhere to their yes, or no.

Back Glides:

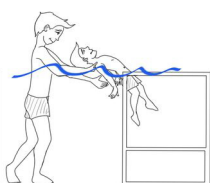
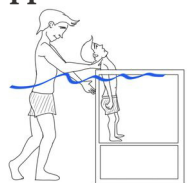
"Turn around."

"Tilt head back"



Support neck

"Push off with me"

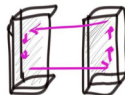


Back Glides +:

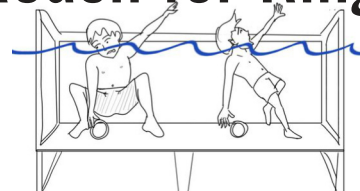
Have swimmers move from bench to bench using a float or assist tool.

- Kickboard, Barbell, Lifejacket.

- Enforce script:
"Shoulders in the water."
"Tilt your head back."
"Push off on your back."
"Press your belly up."



Reach for Rings:



Place rings on the bench, or just beyond the length of the swimmer's reach.

- Put chin in water, put nose in water to get.
- Raise toy to their comfort if won't put eyes in. Liff off bottom. Strike a cool pose!