

Goals:

- Learn all swimmer names.
- Establish routines.
- Demonstrate first; either INS lead or with a returning swimmer.
- Point out beginner alternatives.
- Keep swimmers moving! The more glides and kicking you can do the better to build confidence.

Activity 1:

Bobs and Bottom

Go underwater 10 times.

Jump off the bottom of the pool each time.

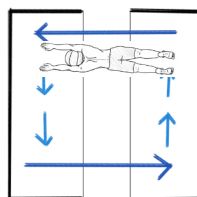
- If on a bench, then bend knees and submerge.
- If comfortable use bottom.

Activity 2:

Position 11 across benches.

Do 6 x glides from bench to bench, or Shallow to shallow location. Start close.

Keep swimmers moving.
This is a warm-up.



Challenge 1:

Sit and read

Go underwater and read how many fingers INS holds up.

- Use goggles. Or let them touch INS hand.
- Encourage opening eyes.
 - Goal is comfort underwater.

Activity 3:

Kicking with Support



6 x Kick from Point A to B.

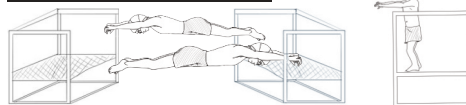
Continue to use the benches, or same space as earlier.

- Establish quick moving flow like circle swimming.



Activity 4:

Streamline Glides



6 x streamline from one bench to the other.

- Keep moving. Autonomously.
- Go when the way is clear.
- Avoid telling swimmers to "go."

Challenge 2:

Back float, toes up.

Float on your back;
- holding on to side or bench OK. Best is w/ no support.

- Keep 5, or 10 toes above the surface for 3 seconds.

Activity 5:

On Deck: Free Arms

Go slow!

Do 10 Free arms together.

- If you have mirrors use them!
- Start in 11, push down, then swing wide on the recovery back to position 11.

Activity 6:

Glide and swim



Begin with a front glide, starting with face in the water, then do front crawl arm circles with kicks the rest of the way. Do many; 6x

Challenge 3:

Spin without touching

With your head above water the entire time, spin 2x without touching the ground or the bench.

Use hands and feet to rotate body at least two times.