



Purple Lesson Plan: Week 1

Age - 2.5 years old and up

20 Minute Class (10 min Skill of the Week/ 10 min of other Purple skills)

Recommended Equipment:

Children's Rain Bucket - Rings Noodle Belt

Three Toys - Mirror - Ping Pong Ball (Not included in Kit)

**Purchase
Equipment Kit
Today!**

VISIT OUR ONLINE STORE!

**CHECK OUT WATERLOO SWIMMING'S YOUTUBE CHANNEL
FOR OUR VIRTUAL SWIM LESSON SKILLS VIDEOS!**

PURPLE LEVEL SKILLS:

1. UNASSISTED MONKEY CRAWL & SAFE ENTRIES AND EXITS

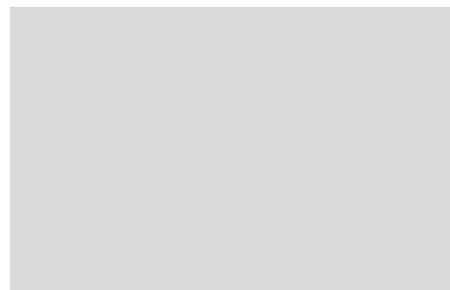
2.5 SECOND ASSISTED SUBMERSION

3.5 SECOND ASSISTED FRONT & BACK FLOAT

4.5 FT GLIDE TO INSTRUCTOR

NEED HELP?

**SCHEDULE A CONSULTATION WITH A MASTER
INSTRUCTOR AT
WWW.WATERLOOSWIMMING.COM**



SKILL OF THE WEEK: UNASSISTED MONKEY CRAWL & SAFE ENTRIES & EXITS (10 MINUTES)

- Monkey Crawl: traveling hand-to-hand along the wall
- Safe Entries: Place both hands on one side and roll to belly, then slide down slow and hold the edge
- Safe Exits: Climbing out elbow-elbow-belly-knee-knee

PURPLE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- Assisted Submersion: bubble blowing practice or bubble face submersion practice
- Front and Back Float: starfish body positioning, front float with breath holding, back float with ears underwater
- Glide Out: practice straight legs and independent push off from the wall or stair with face in the water



Purple Lesson Plan: Week 2

Age - 2.5 years old and up

20 Minute Class (10 min Skill of the Week/ 10 min of other Purple skills)

Recommended Equipment:

Children's Rain Bucket - Rings Noodle Belt

Three Toys - Mirror - Ping Pong Ball (Not included in Kit)

**Purchase
Equipment Kit
Today!**

VISIT OUR ONLINE STORE!

**CHECK OUT WATERLOO SWIMMING'S YOUTUBE CHANNEL
FOR OUR VIRTUAL SWIM LESSON SKILLS VIDEOS!**

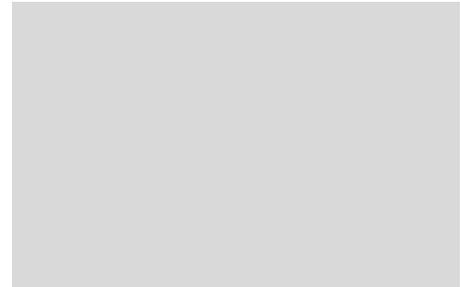
PURPLE LEVEL SKILLS:

1. UNASSISTED MONKEY CRAWL & SAFE ENTRIES AND EXITS

2.5 SECOND ASSISTED SUBMERSION

3.5 SECOND ASSISTED FRONT & BACK FLOAT

4.5 FT GLIDE TO INSTRUCTOR



NEED HELP?

**SCHEDULE A CONSULTATION WITH A MASTER
INSTRUCTOR AT
WWW.WATERLOOSWIMMING.COM**

SKILL OF THE WEEK: 5 SECOND ASSISTED SUBMERSION (10 MINUTES)

- Rain Bucket: Fill a watering can or rain bucket with water and pour over swimmer, checking for breath holding
- Humpty Dumpty: Sing with your swimmer, when Humpty "falls" dip your swimmer underwater
- Mirror Practice: Have swimmer practice bubble face and hold the mirror just under the water to help them submerge

PURPLE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- Safe Entries and Exits: play a game of throw and collect with floating toys, practicing climbing in and out of the water
- Front and Back Float: starfish body positioning, front float with breath holding, back float with ears underwater
- Glide Out: practice straight legs and independent push off from the wall or stair with face in the water



Purple Lesson Plan: Week 3

Age - 2.5 years old and up

20 Minute Class (10 min Skill of the Week/ 10 min of other Purple skills)

Recommended Equipment:

Children's Rain Bucket - Rings Noodle Belt

Three Toys - Mirror - Ping Pong Ball (Not included in Kit)

**Purchase
Equipment Kit
Today!**

VISIT OUR ONLINE STORE!

**CHECK OUT WATERLOO SWIMMING'S YOUTUBE CHANNEL
FOR OUR VIRTUAL SWIM LESSON SKILLS VIDEOS!**

PURPLE LEVEL SKILLS:

1. UNASSISTED MONKEY CRAWL & SAFE ENTRIES AND EXITS

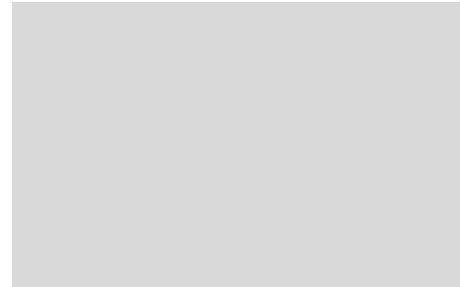
2.5 SECOND ASSISTED SUBMERSION

3.5 SECOND ASSISTED FRONT & BACK FLOAT

4.5 FT GLIDE TO INSTRUCTOR

NEED HELP?

**SCHEDULE A CONSULTATION WITH A MASTER
INSTRUCTOR AT
WWW.WATERLOOSWIMMING.COM**



SKILL OF THE WEEK: 5 SECOND ASSISTED FRONT AND BACK FLOAT (10 MINUTES)

- Twinkle Twinkle: Practice leaning your swimmer back on your shoulder and singing a soothing song
- Ear, Nose, Eye Dips: Hold your swimmer facing you and help them practice dipping their ears, nose, and eyes in the water
- Mirror Practice: Hold your swimmer on your shoulder as they hold a mirror to see themselves floating on their back

PURPLE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- Safe Entries and Exits: play a game of throw and collect with floating toys, practicing climbing in and out of the water
- Assisted Submersion: cue your swimmer to make a bubble face and then dip under water for 1-5 seconds
- Glide Out: practice straight legs and independent push off from the wall or stair with face in the water



Purple Lesson Plan: Week 4

Age - 2.5 years old and up

20 Minute Class (10 min Skill of the Week/ 10 min of other Purple skills)

Recommended Equipment:

Children's Rain Bucket - Rings Noodle Belt

Three Toys - Mirror - Ping Pong Ball (Not included in Kit)

**Purchase
Equipment Kit
Today!**

VISIT OUR ONLINE STORE!

**CHECK OUT WATERLOO SWIMMING'S YOUTUBE CHANNEL
FOR OUR VIRTUAL SWIM LESSON SKILLS VIDEOS!**

PURPLE LEVEL SKILLS:

1. UNASSISTED MONKEY CRAWL & SAFE ENTRIES AND EXITS

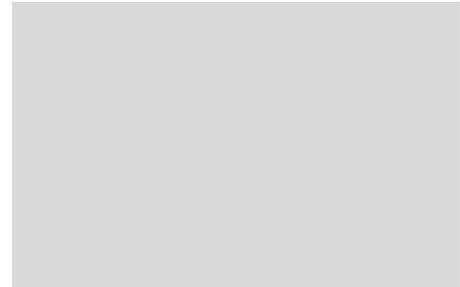
2.5 SECOND ASSISTED SUBMERSION

3.5 SECOND ASSISTED FRONT & BACK FLOAT

4.5 FT GLIDE TO INSTRUCTOR

NEED HELP?

**SCHEDULE A CONSULTATION WITH A MASTER
INSTRUCTOR AT
WWW.WATERLOOSWIMMING.COM**



SKILL OF THE WEEK: 5 FT GLIDE OUT TO INSTRUCTOR (10 MINUTES)

- Float Push: Have your swimmer hold a kickboard or floating object and push it off the step toward you as they follow
- Superhero Glide: Help your swimmer hold their arms like a favorite superhero and glide out
- Toy Collection: Throw several floating toys into the water and assist your swimmer in reach and collecting toys

PURPLE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- Safe Entries and Exits: play a game of throw and collect with floating toys, practicing climbing in and out of the water
- Assisted Submersion: cue your swimmer to make a bubble face and then dip under water for 1-5 seconds
- Front and Back Float: holding breath on belly for 2-3 seconds while in starfish body positioning, sing songs while back floating