



White Lesson Plan: Week 1

Prerequisite: Orange Level Skills

Age: 3 years old and up

20 minute class (10 min Skill of the Week/ 10 min of other skills)

Recommended Equipment:

Swim Barbell - 3 Pool Toys - Noodle Belt - Mirror Rings

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WHITE LEVEL SKILLS:

1. 20 FT SIDE-BREATHING FREESTYLE
2. 20 FT BACKSTROKE
3. THREE (3) FROG KICKS & 1-MINUTE BACK FLOAT
4. FOUR (4) SURFACE DOLPHIN KICKS

NEED HELP?

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INSTRUCTOR AT
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SKILL OF THE WEEK: 20 FT SIDE-BREATHING FREESTYLE (10 MINUTES)

- Streamline Kicking: arms above head, hand over hand, squeeze ears with arms with small fast kicks at the surface
- Side Balance: Isolate side breathing position on right side and left side, practicing balance with small kicks
- 20 ft Freestyle: Three arms strokes with alternating side breaths and consistent kicking at least 20 ft

WHITE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- Streamline on Back: Review streamline position and find balance on back with kicks
- Breaststroke kick: Practice kick pattern of UP-OUT-AROUND-TOGETHER with feet flexed and turned out
- Animal Swimming: Explore different movement in the water- have your child demonstrate how different animals would swim



White Lesson Plan: Week 2

Prerequisite: Orange Level Skills

Age: 3 years old and up

20 minute class (10 min Skill of the Week/ 10 min of other skills)

Recommended Equipment:

Swim Barbell - 3 Pool Toys - Noodle Belt - Mirror Rings

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WHITE LEVEL SKILLS:

1. 20 FT SIDE-BREATHING FREESTYLE

2. 20 FT BACKSTROKE

3. THREE (3) FROG KICKS & 1-MINUTE BACK FLOAT

4. FOUR (4) SURFACE DOLPHIN KICKS

NEED HELP?

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SKILL OF THE WEEK: BACKSTROKE & STREAMLINE ON BACK (10 MINUTES)

- Streamline on back: arms above head, hand over hand, squeeze ears with arms and small fast kicks at the surface
- Backstroke Arms: practice arm recovery out of the water- one arm at a time, & hand exit & entry (thumb out pinky in)
- 20 ft Backstroke: challenge swimmer to travel 20 ft using consistent arm motion and fast kicks at the surface

WHITE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- Streamline Kicking: arms above head, hand over hand, squeeze ears with arms with small fast kicks at the surface
- 1-minute back float: 1 minute back float-slowly build from 20 seconds, 30 seconds, to 1 minute
- Dolphin Kick: work on pressing on chest (chest down hips up) legs are glued together



White Lesson Plan: Week 3

Prerequisite: Orange Level Skills

Age: 3 years old and up

20 minute class (10 min Skill of the Week/ 10 min of other skills)

Recommended Equipment:

Swim Barbell - 3 Pool Toys - Noodle Belt - Mirror Rings

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WHITE LEVEL SKILLS:

1. 20 FT SIDE-BREATHING FREESTYLE

2. 20 FT BACKSTROKE

3. **THREE (3) FROG KICKS & 1-MINUTE BACK FLOAT**

4. **FOUR (4) SURFACE DOLPHIN KICKS**

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SKILL OF THE WEEK: THREE (3) FROG KICKS & 1-MINUTE BACK FLOAT (10 MINUTES)

- Elementary backstroke review: review this skill from Orange to recall the frog kick motion
- Breaststroke kick: Practice kick pattern of UP-OUT-AROUND-TOGETHER with feet flexed and turned out
- 1-minute back float: Slowly build from 20 seconds, 30 seconds and eventually to 1 minute

WHITE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- Side Balance: Isolate side breathing position on right side and left side, practicing balance with small kicks
- Backstroke Arms: practice arm recovery out of the water- one arm at a time, & hand exit & entry (thumb out pinky in)
- Deep Dive: Challenge your swimmer to press down to the bottom and then jump up to the surface with legs together



White Lesson Plan: Week 4

Prerequisite: Orange Level Skills

Age: 3 years old and up

20 minute class (10 min Skill of the Week/ 10 min of other skills)

Recommended Equipment:

Swim Barbell - 3 Pool Toys - Noodle Belt - Mirror Rings

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WHITE LEVEL SKILLS:

1. 20 FT SIDE-BREATHING FREESTYLE

2. 20 FT BACKSTROKE

3. THREE (3) FROG KICKS & 1-MINUTE BACK FLOAT

4. **FOUR (4) SURFACE DOLPHIN KICKS**

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SKILL OF THE WEEK: FOUR (4) SURFACE DOLPHIN KICKS (10 MINUTES)

- Animal Swimming: Explore different movement in the water- have your child demonstrate how different animals would swim
- Deep Dive: Challenge your swimmer to press down to the bottom and then jump up to the surface with legs together
- Dolphin Kick: work on pressing on chest (chest down hips up) legs are glued together

WHITE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- 20 ft Freestyle: Three arms strokes with alternating side breaths and consistent kicking at least 20 ft
- 20 ft Backstroke: challenge swimmer to travel 20 ft using consistent arm motion and fast kicks at the surface
- Breaststroke kick & 1 minute back float- flexed-foot kick with glide and 1-minute back float safety practice