***Level 1: Water Exploration (Shallow water lesson)***

* **Fully submerge face in water**
* **Hold breath under water**
* **Front and back float with support**
* **Kicking on front and back with support**
* **Enter and exit the water independently**
* **Skill: Fully submerge face in water (NO NOSE-PLUGGING!)**
  + Activity: Blowing bubbles. Practice above water first, then in the water. Make sure face is fully submerged. Have some imagination, “Pretend you are singing to your fishy friends underwater!” Kids love playing pretend ☺
* **Front and back float with support (is able to start back float on their own by the end)**
  + Activity: Start with back float until all kids are comfortable putting their face underwater. This skills takes time and will need to be repeated every day. For back float tell them to keep their belly button up towards the sky and place their hands either on their belly or out beside them without moving. Tell them to keep their chin up as well and look up at the sky.
  + Activity: Front float can be mastered after the child is comfortable putting their face in the water and holding their breath. Work on those skills first, then ask them to pretend like their sleeping in the water on their stomach. The trick is to stay very still and look down at the bottom of the pool, keeping their feet parallel with their body.
  + Your job: Keep one hand on the small of the back to support them and if need be, on their foreheads to keep their heads down on back float. For front float, support their stomach and keep their legs up.
* **Kicking on front and back with support** 
  + Activity: Wall kicks are your best friend in level 1! Kids need to develop strong kicking skills if they are ever going to become good swimmers and the more they kick the better they become. Have kids hold on to the side of the pool and do “small, fast” kicks. We are not looking for kicks that make a big splash or kicks that are really big. We want kicks that make a little “white water” with legs that stay relatively close together and straight. Kids will want to do a “bicycle” kick but those are too big and ineffective.
* **Enter and exit the water independently** 
  + Activity: You can offer jumping off the side of the 3 foot as a reward. Just don’t let it get too rambunctious.
* **Other activity ideas:**
  + Simon says
  + Ring around the Rosy (once everyone likes going under water)
  + Reward kids with the fishy toys that squirt and allow them to squirt you, not other kids
  + Try to always phrase activities as a game, “Do you guys want to play a game?” It increases their excitement level.

***Level II: Primary Skills (Shallow water lesson)***

* **Float on front and back unsupported for 5 seconds**
* **Swim on front 5 yards without assistance**
* **Swim on back 5 yards without assistance**
* **Retrieve objects under water chest deep**
* **Float on front and back unsupported for 5 seconds** 
  + Activity: Start with back float. This skills takes time and will need to be repeated every day. For back float tell them to keep their belly button up towards the sky and place their hands either on their belly or out beside them without moving. Tell them to keep their chin up as well and look up at the sky. For fun, ask them what they see up in the sky!
  + Activity: Front float can be mastered after the child is comfortable putting their face in the water and holding their breath. Work on those skills first as a refresher from level 1, then ask them to pretend like their sleeping in the water on their stomach. The trick is to stay very still and look down at the bottom of the pool, keeping their feet parallel with their body.
  + Your job: Keep one hand on the small of the back to support them and if need be, on their foreheads to keep their heads down on back float. For front float, support their stomach and keep their legs up.
  + Towards the middle of the session, level 2 swimmer should be able to start and stop a back and front float on their own.
* **Swim on front 5 yards without assistance (using modified arm circles)**
  + Activity: Distance challenge. Reward them if they can go farther each time or have them compete with other members of the groups
  + Be sure their faces are in the water and that they are holding their breath. Side breathing can be introduced if they prove strong enough swimmers.
* **Swim on back 5 yards without assistance (using modified arm circles)**
  + Activity: Start with streamline kicking on their backs. Lead them around until they can do it on their own, then introduce arm circles
* **Retrieve objects under water chest deep** 
  + Activity: Diving for buried treasure!

***Level III: Stroke Readiness (Mid-pool lesson: shallow and deep)***

* **Swim the front crawl for 10 yards**
* **Swim the back crawl for 10 yards**
* **Jump into deep water**
* **Bobs in water over the child’s head**
* Swim the front crawl (survival stroke) for 15 yards
  + Not necessarily proper swimming yet, but arm circles are evident and they can self sustain for the entire distance. (proper breathing not necessary)
* Swim the back crawl (survival stroke) for 15 yards
* Swim on front with arm circles for 10 yards
  + This is where proper breathing is introduced.
  + Activity: If a swimmer has problems bringing their arms fully out of water, have them “wave” to you when their arm is out of the water. This forces them to think about having their hand all the way out of the water.
* Swim on back with arm circles for 10 yards.
* Practice side breathing and body position for proper breathing
  + Activity: practice on the side of the pool first, remind them to keep their ear on their arm.
* Jump into deep water
  + Be patient ☺ some kids will be scared.
* Tread water in water over the child’s head
  + Essentially, can they make it off the diving board or side of the pool and swim back to the wall.

***Level IV: Stroke Development (Deep water lesson)***

* Standing dive from side of pool
  + Activity: Start with “frog dives”
* Elementary freestyle with arm circles and side breathing for 15 yards
* Elementary backstroke for 15 yards
* Front & back stroke (survival swim) 25 yards (entire length of pool)
  + Make sure they can swim the whole length of the pool. It does not have to look pretty ☺ but you are building stamina
* Breaststroke & Dolphin kick with kickboard

***Level V: Stroke Refinement/Pre-Team (Deep water lesson)***

* Breaststroke & Butterfly for 15-25 yards
* Backstroke and Freestyle for 25 yards
* Dive in deep water off the side
* Flip turn