

### **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 J 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.