

# Water Discovery Overview

## LESSON GUIDE A.1



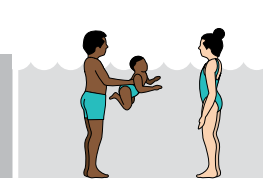
**Warm-up** Blow bubbles, on surface, assisted



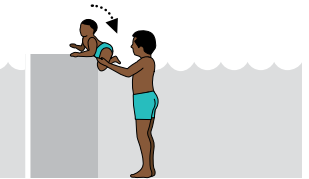
No skills to review



**Introduce & sequence** Front tow, chin in water, assisted / Water exit, parent & child together



**Topic A.1**



**Wrap-up** Water entry, parent & child together

## LESSON GUIDE A.2



**Warm-up** Blow bubbles, on surface, assisted



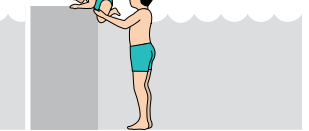
**Review** Front tow, chin in water, assisted / Water exit, parent & child together



**Introduce & sequence** Back float, assisted, head on shoulder / Roll, assisted



**Topic A.2**



**Wrap-up** Water entry, parent & child together

## LESSON GUIDE A.3



**Warm-up** Blow bubbles, on surface, assisted



**Review** Back float, assisted, head on shoulder / Roll, assisted



**Introduce & sequence** Front tow, chin in water, assisted / Roll, assisted



**Topic A.3**



**Wrap-up** Water entry, parent & child together

## LESSON GUIDE A.4



**Warm-up** Blow bubbles, on surface, assisted



**Review** Front tow, chin in water, assisted / Roll, assisted



**Introduce & sequence** Front float, chin in water, assisted / Back tow, assisted, head on shoulder



**Topic A.4**



**Wrap-up** Water entry, parent & child together

# Water Discovery Overview continued

## LESSON GUIDE A.5



**Warm-up** Blow bubbles, on surface, assisted

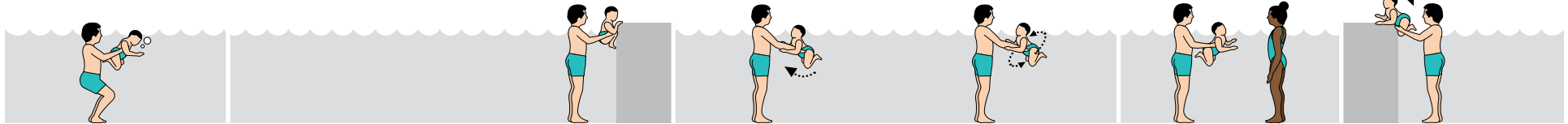
**Review** Front float, chin in water, assisted / Back tow, assisted, head on shoulder

**Introduce & sequence** Wall grab, assisted

**Topic A.5**

**Wrap-up** Water entry, parent & child together

## LESSON GUIDE A.6



**Warm-up** Blow bubbles, on surface, assisted

**Review** Wall grab, assisted

**Introduce & sequence** Any skill

**Topic A.6**

**Wrap-up** Water entry, parent & child together

## LESSON GUIDE A.7



**Warm-up** Blow bubbles, on surface, assisted

**Review** Any skill

**Introduce & sequence** Any skill

**Topic A.7**

**Wrap-up** Water entry, parent & child together

## LESSON GUIDE A.8



**Warm-up** Blow bubbles, on surface, assisted

**Review** Any skill

**Introduce & sequence** Any skill

**Topic A.8**

**Wrap-up** Group game

# Water Exploration Overview

## LESSON GUIDE B.1



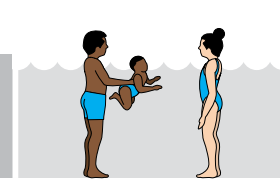
**Warm-up** Blow bubbles, mouth & nose submerged, assisted



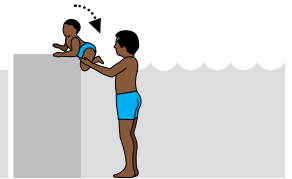
No skills to review



**Introduce & sequence** Front tow, blow bubbles, assisted / Water exit, assisted

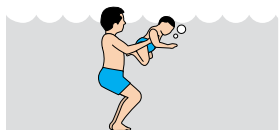


**Topic B.1**



**Wrap-up** Water entry, assisted

## LESSON GUIDE B.2



**Warm-up** Blow bubbles, mouth & nose submerged, assisted



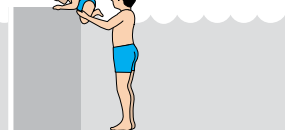
**Review** Front tow, blow bubbles, assisted / Water exit, assisted



**Introduce & sequence** Back float, assisted, head on chest / Roll, assisted



**Topic B.2**



**Wrap-up** Water entry, assisted

## LESSON GUIDE B.3



**Warm-up** Blow bubbles, mouth & nose submerged, assisted



**Review** Back float, assisted, head on chest / Roll, assisted



**Introduce & sequence** Front tow, blow bubbles, assisted / Roll, assisted



**Topic B.3**



**Wrap-up** Water entry, assisted

## LESSON GUIDE B.4



**Warm-up** Blow bubbles, mouth & nose submerged, assisted



**Review** Front tow, blow bubbles, assisted / Roll, assisted



**Introduce & sequence** Front float, blow bubbles, assisted / Back tow, assisted, head on chest



**Topic B.4**



**Wrap-up** Water entry, assisted

# Water Exploration Overview continued

## LESSON GUIDE B.5

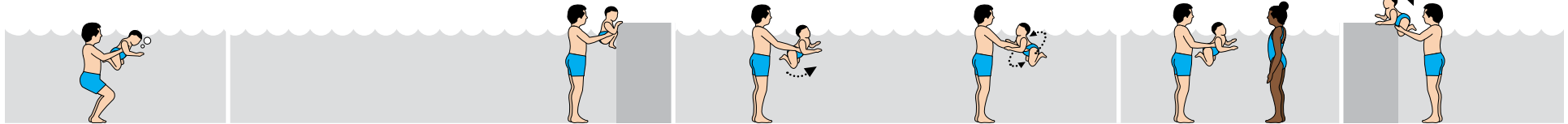


**Warm-up** Blow bubbles, mouth & nose submerged, assisted  
**Review** Front float, blow bubbles, assisted / Back tow, assisted, head on chest

**Introduce & sequence** Monkey crawl, assisted, on edge, 5 ft. **Topic B.5**

**Wrap-up** Water entry, assisted

## LESSON GUIDE B.6



**Warm-up** Blow bubbles, mouth & nose submerged, assisted  
**Review** Monkey crawl, assisted, on edge, 5 ft.

**Introduce & sequence** Any skill **Topic B.6**

**Wrap-up** Water entry, assisted

## LESSON GUIDE B.7



**Warm-up** Blow bubbles, mouth & nose submerged, assisted  
**Review** Any skill

**Introduce & sequence** Any skill **Topic B.7**

**Wrap-up** Water entry, assisted

## LESSON GUIDE B.8



**Warm-up** Blow bubbles, mouth & nose submerged, assisted  
**Review** Any skill

**Introduce & sequence** Any skill **Topic B.8**

**Wrap-up** Group game

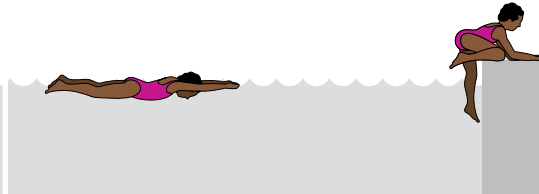
# Water Acclimation Overview

## LESSON GUIDE 1.1

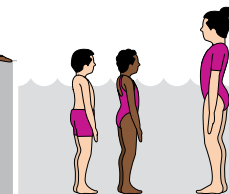


**Warm-up** Submerge, bob independently

No skills to review

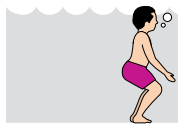


**Introduce & sequence** Front glide, assisted, to wall, **Topic 1.1** 5 ft. / Water exit, independently

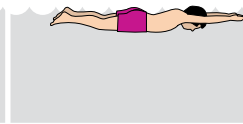


**Wrap-up** Jump, push, turn, grab, assisted

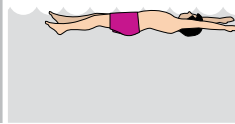
## LESSON GUIDE 1.2



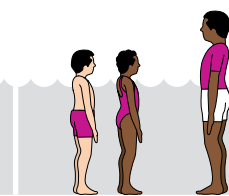
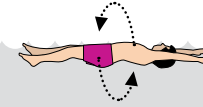
**Warm-up** Submerge, bob independently



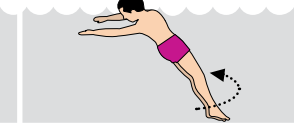
**Review** Front glide, assisted, to wall, 5 ft. / Water exit, independently



**Introduce & sequence** Back float, assisted, 10 secs., recover independently / Roll, assisted



**Topic 1.2**

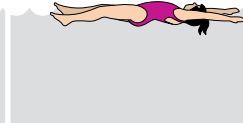


**Wrap-up** Jump, push, turn, grab, assisted

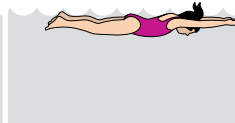
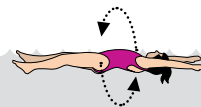
## LESSON GUIDE 1.3



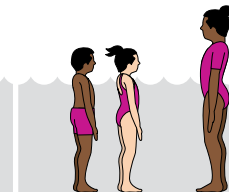
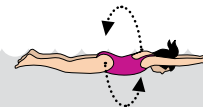
**Warm-up** Submerge, bob independently



**Review** Back float, assisted, 10 secs., recover independently / Roll, assisted



**Introduce & sequence** Front glide, assisted, to wall, 5 ft. / Roll, assisted

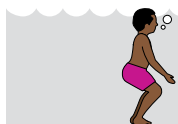


**Topic 1.3**

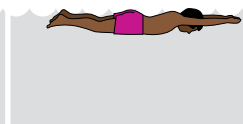


**Wrap-up** Jump, push, turn, grab, assisted

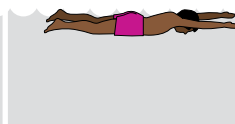
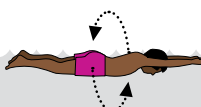
## LESSON GUIDE 1.4



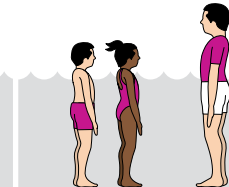
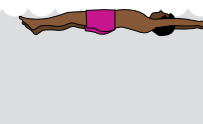
**Warm-up** Submerge, bob independently



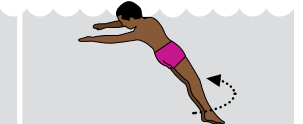
**Review** Front glide, assisted, to wall, 5 ft. / Roll, assisted



**Introduce & sequence** Front float, assisted, 10 secs., recover independently / Back glide, assisted, at wall, 5 ft.



**Topic 1.4**



**Wrap-up** Jump, push, turn, grab, assisted

# Water Acclimation Overview continued

## LESSON GUIDE 1.5



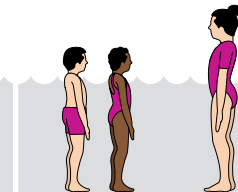
**Warm-up** Submerge, bob independently



**Review** Front float, assisted, 10 secs., recover independently / Back glide, assisted, at wall, 5 ft.



**Introduce & sequence** Any skill

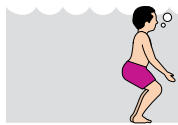


**Topic 1.5**

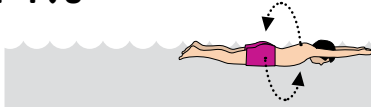


**Wrap-up** Jump, push, turn, grab, assisted

## LESSON GUIDE 1.6



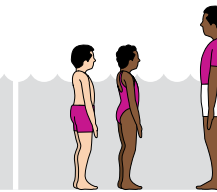
**Warm-up** Submerge, bob independently



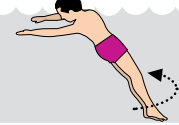
**Review** Any skill



**Introduce & sequence** Any skill

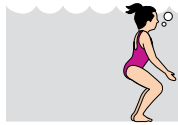


**Topic 1.6**

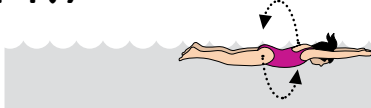


**Wrap-up** Jump, push, turn, grab, assisted

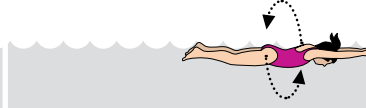
## LESSON GUIDE 1.7



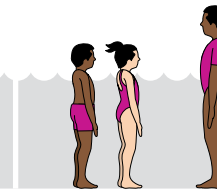
**Warm-up** Submerge, bob independently



**Review** Any skill



**Introduce & sequence** Swim, float, swim, assisted, 10 ft., with life jacket

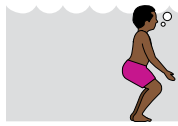


**Topic 1.7**



**Wrap-up** Jump, push, turn, grab, assisted

## LESSON GUIDE 1.8



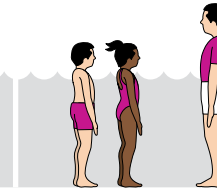
**Warm-up** Submerge, bob independently



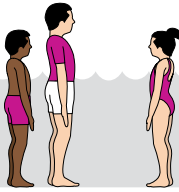
**Review** Any skill



**Introduce & sequence** Any skill



**Topic 1.8**



**Wrap-up** Group game

# Water Movement Overview

## LESSON GUIDE 2.1



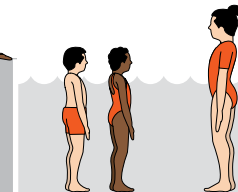
**Warm-up** Submerge, look at object on bottom



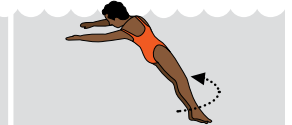
No skills to review



**Introduce & sequence** Front glide, 10 ft. (5 ft. preschool) / Water exit, independently

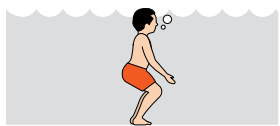


**Topic 2.1**



**Wrap-up** Jump, push, turn, grab

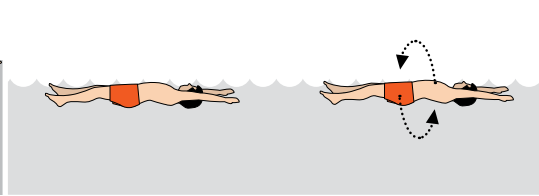
## LESSON GUIDE 2.2



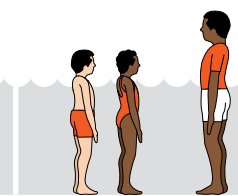
**Warm-up** Submerge, look at object on bottom



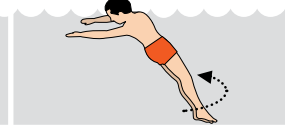
**Review** Front glide, 10 ft. (5 ft. preschool) / Water exit, independently



**Introduce & sequence** Back float, 20 secs. (10 secs. preschool) / Roll



**Topic 2.2**

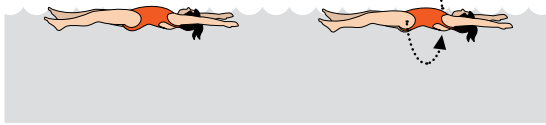


**Wrap-up** Jump, push, turn, grab

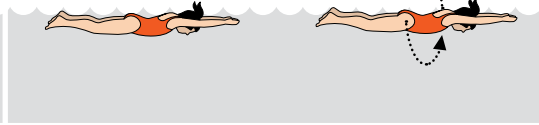
## LESSON GUIDE 2.3



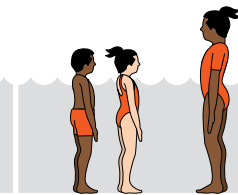
**Warm-up** Submerge, look at object on bottom



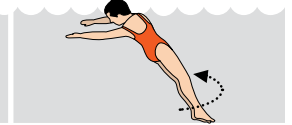
**Review** Back float, 20 secs. (10 secs. preschool) / Roll



**Introduce & sequence** Front glide, 10 ft. (5 ft. preschool) / Roll



**Topic 2.3**

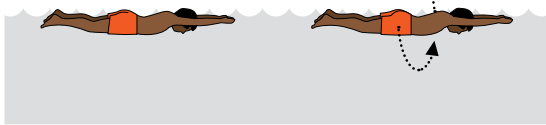


**Wrap-up** Jump, push, turn, grab

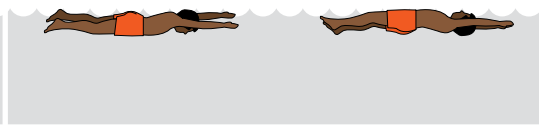
## LESSON GUIDE 2.4



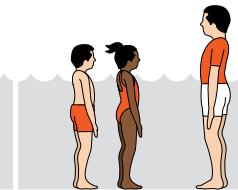
**Warm-up** Submerge, look at object on bottom



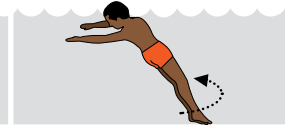
**Review** Front glide, 10 ft. (5 ft. preschool) / Roll



**Introduce & sequence** Front float, 20 secs. (10 secs. preschool) / Back glide, 10 ft. (5 ft. preschool)



**Topic 2.4**



**Wrap-up** Jump, push, turn, grab

# Water Movement Overview continued

## LESSON GUIDE 2.5



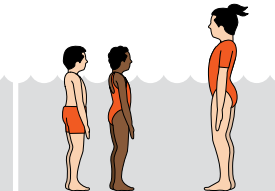
**Warm-up** Submerge, look at object on bottom



**Review** Front float, 20 secs. (10 secs. preschool) / Back glide, 10 ft. (5 ft. preschool)



**Introduce & sequence** Tread water, 10 secs., near wall, & exit

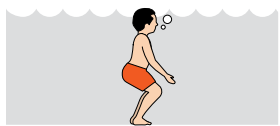


**Topic 2.5**



**Wrap-up** Jump, push, turn, grab

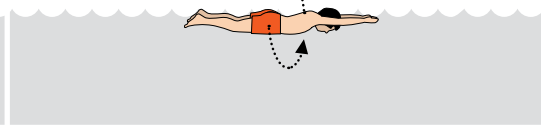
## LESSON GUIDE 2.6



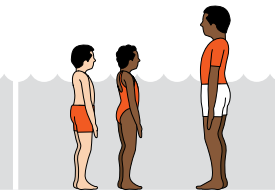
**Warm-up** Submerge, look at object on bottom



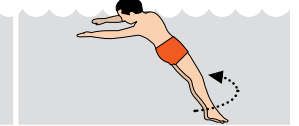
**Review** Tread water, 10 secs., near wall, & exit



**Introduce & sequence** Swim, float, swim, 5 yd., with life jacket



**Topic 2.6**

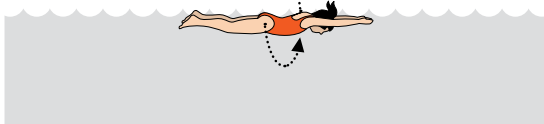


**Wrap-up** Jump, push, turn, grab

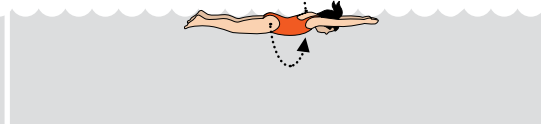
## LESSON GUIDE 2.7



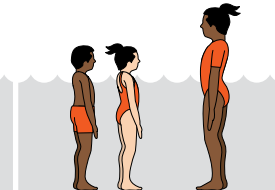
**Warm-up** Submerge, look at object on bottom



**Review** Any skill



**Introduce & sequence** Any skill

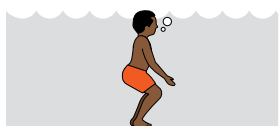


**Topic 2.7**

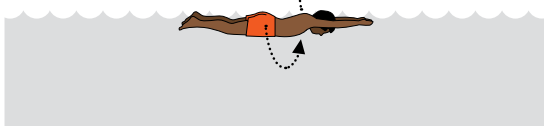


**Wrap-up** Jump, push, turn, grab

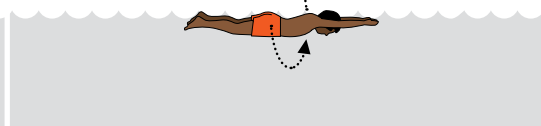
## LESSON GUIDE 2.8



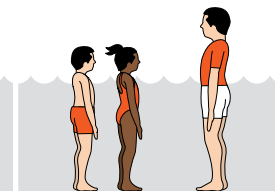
**Warm-up** Submerge, look at object on bottom



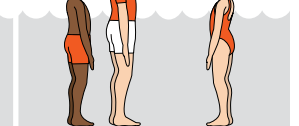
**Review** Any skill



**Introduce & sequence** Any skill



**Topic 2.8**



**Wrap-up** Group game



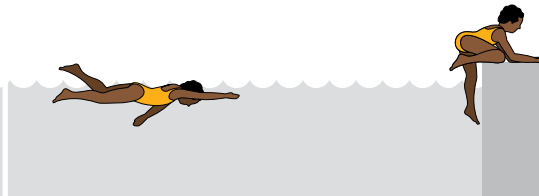
# Water Stamina Overview

## LESSON GUIDE 3.1

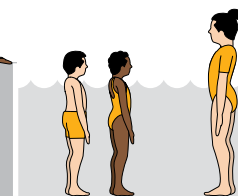


**Warm-up** Submerge, retrieve object in chest-deep water

No skills to review



**Introduce & sequence** Swim on front, 15 yd. (10 yd. preschool) / Water exit, independently



**Topic 3.1**

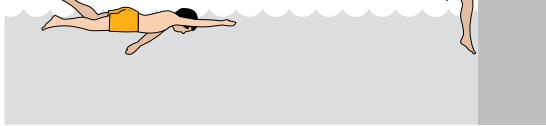


**Wrap-up** Jump, swim, turn, swim, grab, 10 yd.

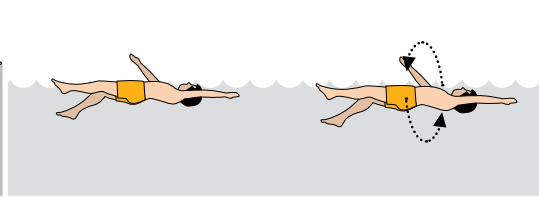
## LESSON GUIDE 3.2



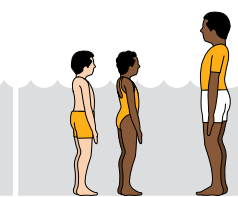
**Warm-up** Submerge, retrieve object in chest-deep water



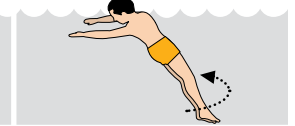
**Review** Swim on front, 15 yd. (10 yd. preschool) / Water exit, independently



**Introduce & sequence** Swim on back, 15 yd. (10 yd. preschool) / Roll



**Topic 3.2**

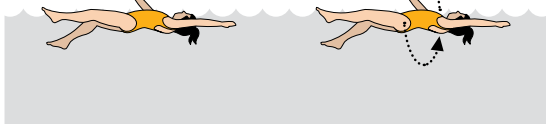


**Wrap-up** Jump, swim, turn, swim, grab, 10 yd.

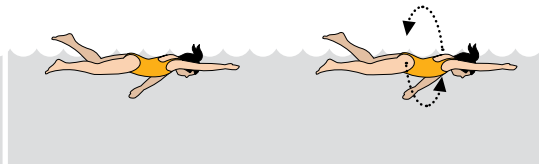
## LESSON GUIDE 3.3



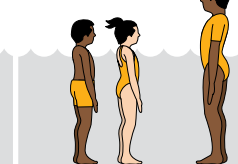
**Warm-up** Submerge, retrieve object in chest-deep water



**Review** Swim on back, 15 yd. (10 yd. preschool) / Roll



**Introduce & sequence** Swim on front, 15 yd. (10 yd. preschool) / Roll



**Topic 3.3**



**Wrap-up** Jump, swim, turn, swim, grab, 10 yd.

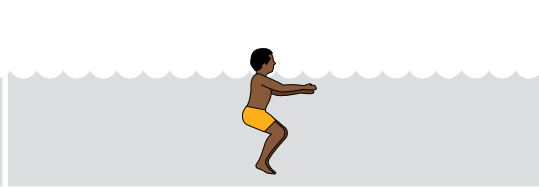
## LESSON GUIDE 3.4



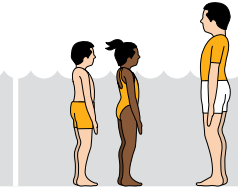
**Warm-up** Submerge, retrieve object in chest-deep water



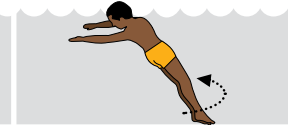
**Review** Swim on front, 15 yd. (10 yd. preschool) / Roll



**Introduce & sequence** Tread water, 1 min. & exit (30 secs. preschool)



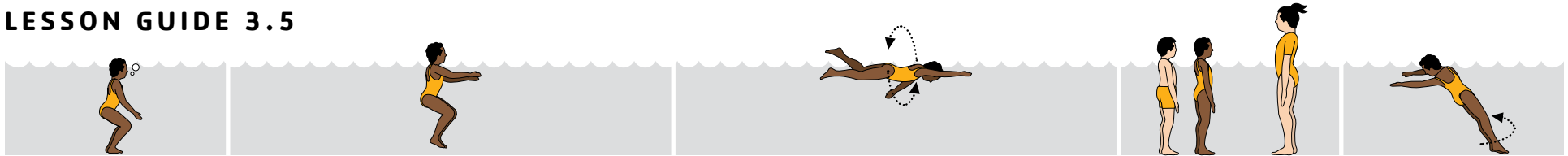
**Topic 3.4**



**Wrap-up** Jump, swim, turn, swim, grab, 10 yd.

# Water Stamina Overview continued

## LESSON GUIDE 3.5



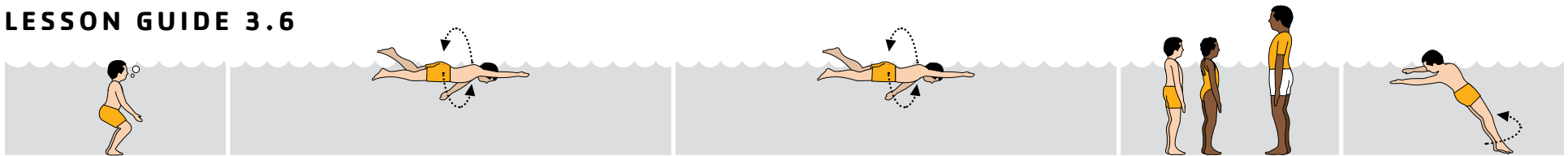
**Warm-up** Submerge, retrieve object in chest-deep water  
**Review** Tread water, 1 min. & exit (30 secs. preschool)

**Introduce & sequence** Swim, float, swim, 25 yd. (15 yd. preschool), with life jacket

**Topic 3.5**

**Wrap-up** Jump, swim, turn, swim, grab, 10 yd.

## LESSON GUIDE 3.6



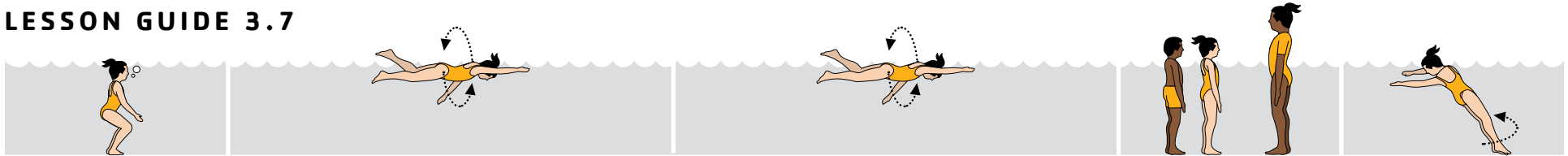
**Warm-up** Submerge, retrieve object in chest-deep water  
**Review** Any skill

**Introduce & sequence** Any skill

**Topic 3.6**

**Wrap-up** Jump, swim, turn, swim, grab, 10 yd.

## LESSON GUIDE 3.7



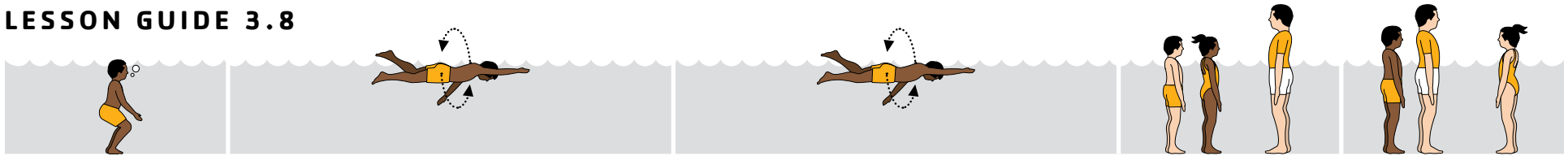
**Warm-up** Submerge, retrieve object in chest-deep water  
**Review** Any skill

**Introduce & sequence** Any skill

**Topic 3.7**

**Wrap-up** Jump, swim, turn, swim, grab, 10 yd.

## LESSON GUIDE 3.8



**Warm-up** Submerge, retrieve object in chest-deep water  
**Review** Any skill

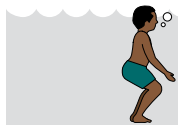
**Introduce & sequence** Any skill

**Topic 3.8**

**Wrap-up** Group game

# Stroke Introduction Overview

## LESSON GUIDE 4.1

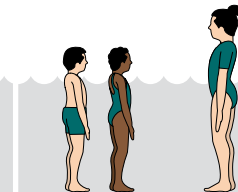


**Warm-up** Submerge, 5–10 bobs

No skills to review



**Introduce & practice** Front crawl, rotary breathing, 15 yd. / Back crawl, 15 yd.



**Topic 4.1**



**Wrap-up** Dive, sitting

## LESSON GUIDE 4.2



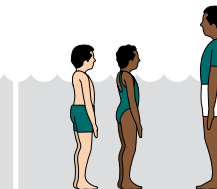
**Warm-up** Submerge, 5–10 bobs



**Review** Front crawl, rotary breathing, 15 yd. / Back crawl, 15 yd.



**Introduce & practice** Resting stroke, elementary backstroke, 15 yd.

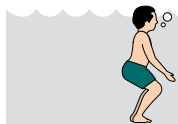


**Topic 4.2**



**Wrap-up** Dive, sitting

## LESSON GUIDE 4.3



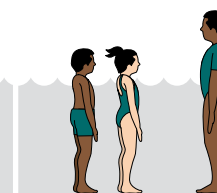
**Warm-up** Submerge, 5–10 bobs



**Review** Front crawl, rotary breathing, 15 yd. / Back crawl, 15 yd.



**Introduce & practice** Tread water, scissor & whip kick, 1 min.



**Topic 4.3**



**Wrap-up** Dive, sitting

## LESSON GUIDE 4.4



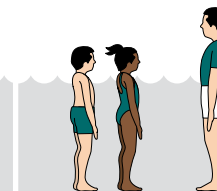
**Warm-up** Submerge, 5–10 bobs



**Review** Front crawl, rotary breathing, 15 yd. / Back crawl, 15 yd.



**Introduce & practice** Breaststroke, kick, 15 yd.



**Topic 4.4**



**Wrap-up** Dive, sitting

# Stroke Introduction Overview continued

## LESSON GUIDE 4.5



**Warm-up** Endurance, 25 yd.

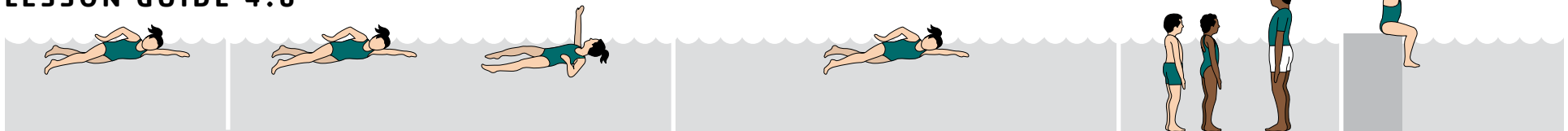
**Review** Front crawl, rotary breathing, 15 yd. / Back crawl, 15 yd.

**Introduce & practice** Butterfly, kick, 15 yd.

**Topic 4.5**

**Wrap-up** Dive, sitting

## LESSON GUIDE 4.6



**Warm-up** Endurance, 25 yd.

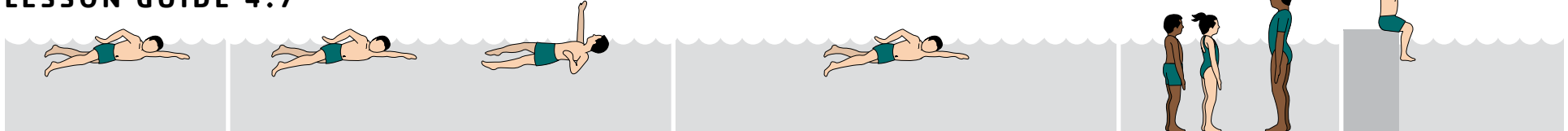
**Review** Front crawl, rotary breathing, 15 yd. / Back crawl, 15 yd.

**Introduce & practice** Any skill

**Topic 4.6**

**Wrap-up** Dive, sitting

## LESSON GUIDE 4.7



**Warm-up** Endurance, 25 yd.

**Review** Front crawl, rotary breathing, 15 yd. / Back crawl, 15 yd.

**Introduce & practice** Any skill

**Topic 4.7**

**Wrap-up** Dive, sitting

## LESSON GUIDE 4.8



**Warm-up** Endurance, 25 yd.

**Review** Front crawl, rotary breathing, 15 yd. / Back crawl, 15 yd.

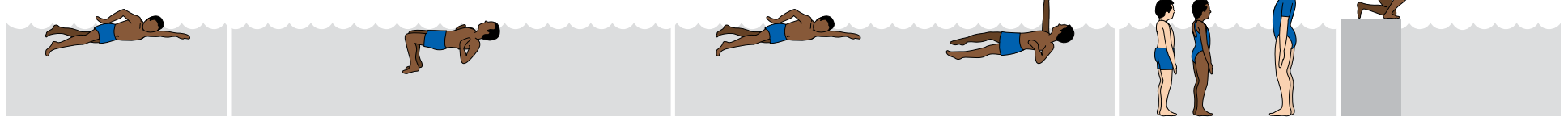
**Introduce & practice** Any skill

**Topic 4.8**

**Wrap-up** Group game

# Stroke Development Overview

## LESSON GUIDE 5.1



**Warm-up** Endurance, 50 yd.

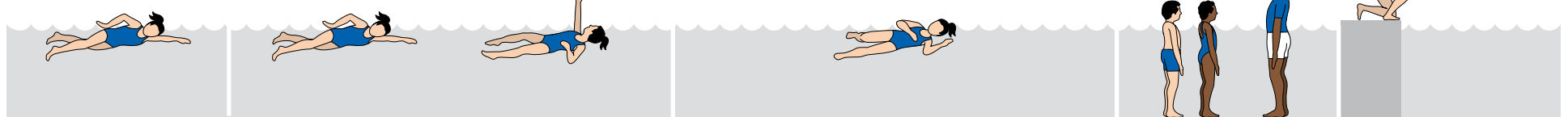
**Review** Resting stroke, elementary backstroke, 15 yd.

**Introduce & practice** Front crawl, bent-arm recovery, 25 yd. / Back crawl, pull, 25 yd.

**Topic 5.1**

**Wrap-up** Dive, kneeling

## LESSON GUIDE 5.2



**Warm-up** Endurance, 50 yd.

**Review** Front crawl, bent-arm recovery, 25 yd. / Back crawl, pull, 25 yd.

**Introduce & practice** Resting stroke, sidestroke, 25 yd.

**Topic 5.2**

**Wrap-up** Dive, kneeling

## LESSON GUIDE 5.3



**Warm-up** Endurance, 50 yd.

**Review** Resting stroke, sidestroke, 25 yd.

**Introduce & practice** Tread water, scissor & whip kick, 2 mins.

**Topic 5.3**

**Wrap-up** Dive, kneeling

## LESSON GUIDE 5.4



**Warm-up** Endurance, 50 yd.

**Review** Tread water, scissor & whip kick, 2 mins.

**Introduce & practice** Breaststroke, 25 yd.

**Topic 5.4**

**Wrap-up** Dive, kneeling

# Stroke Development Overview continued

## LESSON GUIDE 5.5

					
<b>Warm-up</b> Endurance, 50 yd.	<b>Review</b> Breaststroke, 25 yd.	<b>Introduce &amp; practice</b> Butterfly, simultaneous arm action & kick, 15 yd.	<b>Topic 5.5</b>		<b>Wrap-up</b> Dive, kneeling

## LESSON GUIDE 5.6

					
<b>Warm-up</b> Endurance, 50 yd.	<b>Review</b> Butterfly, simultaneous arm action & kick, 15 yd.	<b>Introduce &amp; practice</b> Any skill	<b>Topic 5.6</b>		<b>Wrap-up</b> Dive, kneeling

## LESSON GUIDE 5.7

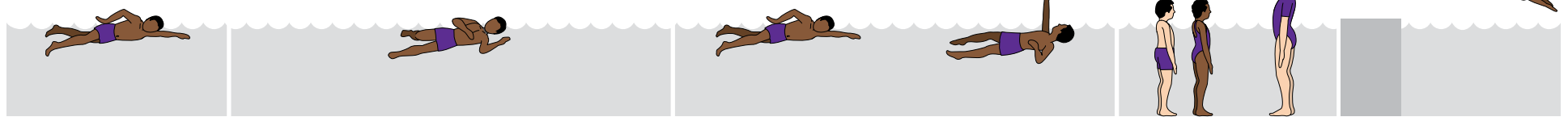
					
<b>Warm-up</b> Endurance, 50 yd.	<b>Review</b> Any skill	<b>Introduce &amp; practice</b> Any skill	<b>Topic 5.7</b>		<b>Wrap-up</b> Dive, kneeling

## LESSON GUIDE 5.8

					
<b>Warm-up</b> Endurance, 50 yd.	<b>Review</b> Any skill	<b>Introduce &amp; practice</b> Any skill	<b>Topic 5.8</b>		<b>Wrap-up</b> Group game

# Stroke Mechanics Overview

## LESSON GUIDE 6.1



**Warm-up** Endurance, 150 yd.

**Review** Resting stroke, sidestroke, 25 yd.

**Introduce & practice** Front crawl, flip turn, 50 yd. / Back crawl, pull & flip turn, 50 yd.

**Topic 6.1**

**Wrap-up** Dive, standing

## LESSON GUIDE 6.2



**Warm-up** Endurance, 150 yd.

**Review** Front crawl, flip turn, 50 yd. / Back crawl, pull & flip turn, 50 yd.

**Introduce & practice** Resting stroke, elementary backstroke or sidestroke, 50 yd.

**Topic 6.2**

**Wrap-up** Dive, standing

## LESSON GUIDE 6.3



**Warm-up** Endurance, 150 yd.

**Review** Resting stroke, elementary backstroke or sidestroke, 50 yd.

**Introduce & practice** Tread water, retrieve object off bottom, tread 1 min.

**Topic 6.3**

**Wrap-up** Dive, standing

## LESSON GUIDE 6.4



**Warm-up** Endurance, 150 yd.

**Review** Tread water, retrieve object off bottom, tread 1 min.

**Introduce & practice** Breaststroke, open turn, 50 yd.

**Topic 6.4**

**Wrap-up** Dive, standing

# Stroke Mechanics Overview continued

## LESSON GUIDE 6.5



**Warm-up** Endurance, 150 yd.

**Review** Breaststroke, open turn, 50 yd.

**Introduce & practice** Butterfly, 25 yd.

**Topic 6.5**

**Wrap-up** Dive, standing

## LESSON GUIDE 6.6



**Warm-up** Endurance, 150 yd.

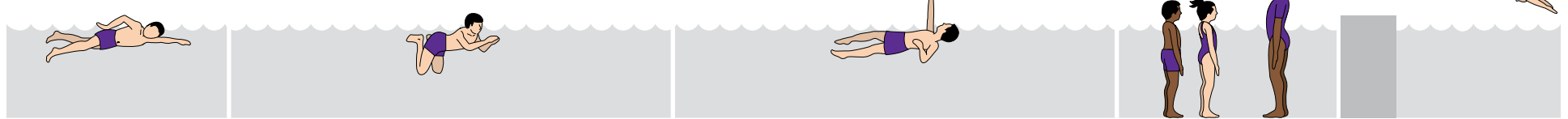
**Review** Butterfly, 25 yd.

**Introduce & practice** Any skill

**Topic 6.6**

**Wrap-up** Dive, standing

## LESSON GUIDE 6.7



**Warm-up** Endurance, 150 yd.

**Review** Any skill

**Introduce & practice** Any skill

**Topic 6.7**

**Wrap-up** Dive, standing

## LESSON GUIDE 6.8



**Warm-up** Endurance, 150 yd.

**Review** Any skill

**Introduce & practice** Any skill

**Topic 6.8**

**Wrap-up** Group game