

SEASON/YEAR:

BEGINNING DATE:

ENDING DATE:



DAY 1
DAY 2
DAY 3
DAY 4
DAY 5
DAY 6
DAY 7
DAY 8

FRONT FLOAT
BACK FLOAT
ROTATE FRONT TO BACK
ROTATE BACK TO FRONT
FRONT FLOAT + SL KICK
SL KICK 3 BODY LENGTHS
SL RIGHT ARM CATCH UP
SL LEFT ARM CATCH UP
CATCH-UP SWIM
PASS Y/N

PARTICIPANTS NAME

ATTENDANCE

SKILLS

1																				
2																				
3																				
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LESSON PROGRESSION SAMPLE

FLOAT

Mouth/Face in water-hold breath 5-10 seconds

Tuck chin into neck go into starfish float

*start with arms on wall

** move to no wall float

Rotate from front to back/back to front

Kick in Streamline

*start with arms on wall if needed

** move to no wall SL kick

Catch-Up Freestyle

Kick in SL, pull only right arm & stop in front

Kick in SL, pull only right arm & stop in front

Alternate arm strokes, stop & kick in SL

Breathing

Pull one arm and rotate to back

*Breathe and return to SL

Pull and breathe w/out rotating to back

Swim

Increase the distance

Notes:

- Challenges:** *Increase distances*
Introduce different breathing patterns
Introduce breaststroke and butterfly