

# Swimmer 3 | Beginner

## Entries and Exits:

### **Kneeling Dive into Deep Water**

- Head first entry from a position on one knee, entering with hands first, then head, hips, legs. Then controlled return to surface.
- Encourage tucked chin and hands above head

## Underwater Skills:

### **Handstand in Shallow Water**

- Hands on bottom; feet off bottom performed in chest deep water
- Head fully submerged, encourage exhalation from the nose

### **Front Somersault in water**

- Forward roll with “head over heels” rotation
- Encourage swimmers to exhale through mouth and nose and to perform without goggles or nose clips

### **Rhythmic Breathing-breath control**

- Submerges and exhales, surfaces to inhale
- Challenge students in different ways: jump “bobs”, deep water “bobs” increase # of repetitions

## Movement/Swimming Skills:

### **Flutter kick on back 5 m; with a body roll**

- Streamlined body position with a continuous flutter kick
- Rolls whole body from side to side from shoulders to toes, keeping head neutral (head stays still)
- Keeps arms at sides of body
- Continuous rhythmic flutter kick initiated from hips, slight knee bend, feet relaxed

### **Stationary sculling**

- Puts lower arms/hands underwater, with fingers together, palms facing down
- Swings lower arms/hands out and in with even pressure, thumbs down on the outswing, pinky finger down on the inswing
- Explores how to feel, manipulate, and move the water by sculling

### **Vertical Whip Kick 60 sec.**

- Kick in vertical position
- Kick is simultaneous, heels recover towards buttocks, have swimmers flex their feet and turn their toes out
- Legs drive down with knees apart, feet wider than knee

### **Front Crawl 15 m**

- Body on front, streamlined and horizontal
- Alternate arm action with overarm recovery (arms reaching in front of head) and underwater pull (hands push past hips),
- Regular breathing pattern to side with underwater exhalation, turning head to the side to inhale in time with arm motion
- Continuous, rhythmic flutter kick, initiated from hips, slight knee bend, feet relaxed

### **Back Crawl 10 m**

- Continuous rhythmic flutter kick, initiated from the hips, slight knee bend, feet relaxed
- Alternate arm action with overarm recovery and underwater pull, hand drive finishes at thigh; recovery above surface, entry beyond shoulder
- Relaxed breathing

## Fitness Challenge:

### **Interval Training: 4x10 m flutter kick with 20 sec. rest**

- Flutter kick for 10 m, may use kick board
- Stop and rest for 20 sec. repeat 4 times

### **Distance Swim Challenge**

- Distance swim Challenge 2x25 m rest 30 sec.

## Water Smart messages:

### **Staying Warm**

- Shows major heat loss areas of body and how to keep them warm
- Cold water HELP/huddle, wearing PFDs
- Donning appropriate PFD's swimmers holds knees close to chest, arms tight to body, head out of water
- The group forms a huddle: huddles with other swimmers with chest close, arms around each other, legs squeezed together, with the smallest person in the middle of the huddle

## Swim to Survive:

### **Tread Water 30 Sec.**

- Vertical body position
- Mouth and nose above surface
- Supportive and continuous arm and leg action
- Minimum time met

## NOTES:

- Instructors—keep swimmers active and wet!
- Swimmers will demonstrate skill or stroke 3 times correctly in one lesson set.
- While performing jump in entries, encourage swimmers to bend knees and absorb the shock of impact, as well as jump away from walls, never toward them.

