**Swim School Lesson Plan**

**What we will be learning:**

* Water safety

1- no jumping in shallow end

2- jump out away from wall

* Techniques
* Drills

Levels:

1. Beginner: floating, streamline, breathing staying above water, kicking, pulling
2. Intermediate: each stroke

Skill Progression

Beginner Level

* Introduce water safety rules
* Stay afloat on back with support and without support
* Sculling on back and stomach with kicking
* Kicking in superman arms
* Kicking and Pulling
* Review of floating/ sculling /(back and front)
* Kicking in streamline
* Kicking and pulling
* Pulling and breathing

Intermediate Level

* Freestyle Drill
* Backstroke Drill
* Breastroke Drill
* Fly Drill
* Review Drills
* Introduce diving