

## **Intermediate School Age Level 1 Swim Lesson Parent/Child Practice**

- Jump into deep water, fully submerge, recover to the surface and return to the side
- Headfirst entry from the side in a sitting position in water at least 9 ft deep
- Rotary breathing
- Tread water in deep water
- While in a vertical position, rotate 1 full turn in deep water
- Headfirst entry from the side in a kneeling position in water at least 9 ft deep
- Push off in a streamlined position on front, then begin flutter kicking
- Back float in deep water
- Change from vertical to horizontal position on front in deep water
- Change from vertical to horizontal position on back in deep water
- Front Crawl with arms out of the water & kick at the hips
- Push off in a streamlined position on front, then begin dolphin kicking
- Breaststroke kick
- Elementary backstroke
- Scissor kick