

Beginner School Age Level 1 Swim Lesson Parent/Child Practice

- Bobbing
- Submerge mouth, nose and eyes. Submerge a maximum of 3 times only if comfortable and no coughing.
- Open eyes underwater and retrieve submerged objects (in shallow water)
- Front float with support
- Front glide with support
- Recover from a front glide to a vertical position
- Back float with support
- Back glide with support
- Recover from a back float or glide to a vertical position
- While floating, roll from front to back
- While floating, roll from back to front
- Arm and hand treading actions (in chest-deep water)
- Kick on front
- Breaststroke or frog kick on front
- Practice swimming arms on front (similar to front crawl and breaststroke) with assistance.
- Practice swimming arms & legs on front (similar to front crawl or breaststroke) with assistance.
- Flutter kick on back
- Breaststroke or frog kick on back
- Practice swimming arms on back (similar to back crawl or elementary backstroke) with assistance.
- Simultaneous arm action on back: Elementary backstroke arms
- Practice swimming arms & legs on back (similar to back crawl or elementary backstroke) with assistance.