



Blue Lesson Plan: Week 1

Prerequisite: Purple level skills

Age - 3 years old and up

20 Minute Class (10 min Skill of the Week / 10 min of other skills)

Recommended Equipment:

Swim Barbell - 3 Pool Toys - Noodle Belt

Mirror Rings

**Purchase
Equipment Kit
Today!**

VISIT OUR ONLINE STORE!

CHECK OUT WATERLOO SWIMMING'S YOUTUBE CHANNEL
FOR OUR VIRTUAL SWIM LESSON SKILLS VIDEOS!

Blue Level Skills:

1.5 SECOND UNASSISTED FRONT FLOAT

2.5 FT KICK OUT TO INSTRUCTOR

3.10 SECOND BACK FLOAT

4.SAFETY RECOVERIES & SUBMERGED EXHALE

NEED HELP?

**SCHEDULE A CONSULTATION WITH A MASTER
INSTRUCTOR AT
WWW.WATERLOOSWIMMING.COM**

SKILL OF THE WEEK: 5 SECOND UNASSISTED FRONT FLOAT (10 MINUTES)

- Assisted Submersion: Have your child do an assisted push from the step and let them submerge for 4 to 5 seconds
- Front Float with Objects: Have your swimmer hold floating objects in each hand and keep them on the surface as the float
- Starfish Progression Practice: Start with a 1 second starfish float and work up to 5 seconds submerged

BLUE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- 5 ft Kick Out: Practice kicking with straight legs at different speeds as your swimmer holds the wall or leans on a stair
- 10 Second Back Float: Sing songs to help swimmer pass the time on their back and grow more comfortable
- Safety Recoveries & Exhale: Play "around the tree" with swimmer & practice humming with nose under the surface



Blue Lesson Plan: Week 2

Prerequisite: Purple level skills

Age - 3 years old and up

20 Minute Class (10 min Skill of the Week / 10 min of other skills)

Recommended Equipment:

Swim Barbell - 3 Pool Toys - Noodle Belt
Mirror Rings

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Blue Level Skills:

1.5 SECOND UNASSISTED FRONT FLOAT

2.5 FT KICK OUT TO INSTRUCTOR

3.10 SECOND BACK FLOAT

4.SAFETY RECOVERIES & SUBMERGED EXHALE

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SKILL OF THE WEEK: 5 FT KICK OUT TO INSTRUCTOR (10 MINUTES)

- Kick Practice: Practice kicking with straight legs at different speeds as your swimmer holds the wall or leans on stairs
- Red Light, Green Light: Place a noodle under your swimmer's arms and practice kicking and stopping
- Independent Push: Gradually increase the distance between you and your swimmer as you encourage them to kick out

BLUE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- Front Float with Objects: Have your swimmer hold floating objects in each hand and keep them on the surface as the float
- 10 Second Back Float: Sing songs to help swimmer pass the time on their back and grow more comfortable
- Safety Recoveries & Exhale: Play "around the tree" with swimmer & practice humming with nose under the surface



Blue Lesson Plan: Week 3

Prerequisite: Purple level skills

Age - 3 years old and up

20 Minute Class (10 min Skill of the Week / 10 min of other skills)

Recommended Equipment:

Swim Barbell - 3 Pool Toys - Noodle Belt
Mirror Rings

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Blue Level Skills:

1.5 SECOND UNASSISTED FRONT FLOAT

2.5 FT KICK OUT TO INSTRUCTOR

3. 10 SECOND BACK FLOAT

4. SAFETY RECOVERIES & SUBMERGED EXHALE

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SKILL OF THE WEEK: 10 SECOND BACK FLOAT (10 MINUTES)

- 10 Second Back Float: Slowly work up to a full 10 second back float/the noodle belt is a good tool for back floats
- Pancake Play: work on back float and roll recovery as your swimmer flips from tummy to back like a pancake
- Mirrored Practice: Use mirror if needed to adjust head position

BLUE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- Starfish Progression Practice: Use noodle belt for assistance and slowly work up to 5 seconds independently
- Independent Push: Gradually increase the distance between you and your swimmer as you encourage them to kick out
- Safety Recoveries & Exhale: Play "around the tree" with swimmer & practice humming with nose under the surface



Blue Lesson Plan: Week 4

Prerequisite: Purple level skills

Age - 3 years old and up

20 Minute Class (10 min Skill of the Week / 10 min of other skills)

Recommended Equipment:

Swim Barbell - 3 Pool Toys - Noodle Belt
Mirror Rings

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Blue Level Skills:

1.5 SECOND UNASSISTED FRONT FLOAT

2.5 FT KICK OUT TO INSTRUCTOR

3. 10 SECOND BACK FLOAT

4. **SAFETY RECOVERIES & SUBMERGED EXHALE**

NEED HELP?

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SKILL OF THE WEEK: SAFETY RECOVERIES & SUBMERGED EXHALE (10 MINUTES)

- Jump Practice: Have your swimmer practicing jumping in from the edge and swimming up to the surface
- Submerged Exhale: Practice humming with nose under the surface
- Around the Tree: Use a noodle- have your child hold it with face in the water and kick around you and grab the edge of the wall

BLUE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- Starfish Progression Practice: Use noodle belt for assistance and slowly work up to 5 seconds independently
- Red Light, Green Light: Place a noodle under your swimmer's arms and practice kicking and stopping
- 10 Second Back Float: Slowly work up to a full 10 second back float/the noodle belt is a good tool for back floats