



Orange Lesson Plan: Week 1

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

ORANGE LEVEL SKILLS:

1. **10 FT BACK KICK & 20 SECOND BACK FLOAT**
2. THREE (3) POP UP RECOVERY BREATHS
3. THREE (3) ROLL-OVER BREATH RECOVERIES WITH ARMS
4. 10 FT ELEMENTARY BACKSTROKE

NEED HELP?

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

SKILL OF THE WEEK: 10 FT BACK KICK & 20 SECOND BACK FLOAT (10 MINUTES)

- 20 second back float: Start with 10 seconds and gradually work up to 20 seconds
- Independent Start: Swimmer should start on the wall with knees up and unfold independently to a back float
- Red Light, Green Light: Practice kicking and stopping with this game

ORANGE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- 5 exhale bobs: Have your child hold the wall, go underwater and exhale and come back up & take breath 5 times
- Pancake Flip: Help your swimmer flip from tummy to back and back to tummy, add kicks to challenge
- Elementary Backstroke: Practice chicken, airplane, soldier, to learn the arm stroke pattern



Orange Lesson Plan: Week 2

Prerequisite: Blue Level Skills

Age: 3 years old and up

20 minute class (10 min Skill of the Week/ 10 min of other skills)

Recommended Equipment:

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Mirror - Rings

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ORANGE LEVEL SKILLS:

1. 10 FT BACK KICK & 20 SECOND BACK FLOAT

2. **THREE (3) POP UP RECOVERY BREATHS**

3. THREE (3) ROLL-OVER BREATH RECOVERIES WITH ARMS

4. 10 FT ELEMENTARY BACKSTROKE

NEED HELP?

**SCHEDULE A CONSULTATION WITH A MASTER
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SKILL OF THE WEEK: THREE (3) POP-UP RECOVERY BREATHS (10 MINUTES)

- 5 exhale bobs: Have your child hold the wall, go underwater and exhale and come back up & take breath
- Breathing Pattern: Practice BUBBLES-BUBBLES-BREATHE pattern with your child to learn to exhale and breathe comfortably
- Kick and Pop-Up: Have your child hold a noodle to practice adding kicks to their breathing pattern

ORANGE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- Back kick: Play red light green light to work on pointing toes and small fast kicks
- Arm Stroke: Work with your child on full stroke motions as arms pull water past hips and then recovery fully over the water
- Elementary Backstroke: Practice frog kick with toes pointed to the sky and legs following along with arm movements



Orange Lesson Plan: Week 3

Prerequisite: Blue 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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ORANGE LEVEL SKILLS:

1. 10 FT BACK KICK & 20 SECOND BACK FLOAT

2. THREE (3) POP UP RECOVERY BREATHS

3. **THREE (3) ROLL-OVER BREATH RECOVERIES WITH ARMS**

4. 10 FT ELEMENTARY BACKSTROKE

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SKILL OF THE WEEK: THREE (3) ROLL-OVER BREATH RECOVERIES WITH ARMS (10 MINUTES)

- Arm Stroke: Work with your child on full stroke motions as arms pull water past hips and then recovery fully over the water
- Roll-Over Breath: Practice front float and cue your child to exhale bubbles out nose as they roll from belly to back
- Consecutive Breaths: Challenge your swimmer to travel with three arm strokes and roll to breathe, work up to 3 breaths

ORANGE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- 20 second back float-Start with 10 seconds, then 15 seconds and eventually to 20 seconds.
- Kick and Pop-Up: Have your child hold a noodle to practice adding kicks to their breathing pattern
- Elementary Backstroke: Challenge your swimmer to remain balanced while traveling using chicken-airplane-solder arm stroke



Orange Lesson Plan: Week 4

Prerequisite: Blue 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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ORANGE LEVEL SKILLS:

1. 10 FT BACK KICK & 20 SECOND BACK FLOAT
2. THREE (3) POP UP RECOVERY BREATHS
3. THREE (3) ROLL-OVER BREATH RECOVERIES WITH ARMS
- 4. 10 FT ELEMENTARY BACKSTROKE**

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SKILL OF THE WEEK: 10 FT ELEMENTARY BACKSTROKE (10 MINUTES)

- Leg Movement: Practice frog kick with toes pointed to the sky and legs following along with arm movements
- Arm Movement: Practice chicken, airplane, soldier, to learn the arm stroke pattern
- Elementary Backstroke: Challenge your swimmer to remain balanced while traveling using chicken-airplane-solder arm stroke

ORANGE SKILL PRACTICE: REVIEWING OTHER SKILLS (10 MINUTES)

- Back Kick: Challenge your swimmer to kick a full 10 ft on their back without assistance
- Pop-Up Breathing: Challenge your swimmer to complete 3 consecutive pop-up breaths while and keep feet kicking
- Roll-Over Breathing: Challenge your swimmer to complete 3 consecutive roll-over breaths with arm strokes