



CLOWNFISHSWIM School

Clownfishswim.com

Adult Swimmer 101

LESSON PLAN

The Adult Swimmer Program is for beginners who may be just starting out or swimmers who just want help with their strokes. Within the Adult Swimmer curriculum, participants set their own goals to develop water confidence and smooth recognizable strokes.

WATER ADJUSTMENT

- Enter and exit shallow water
- Slide into deeper water, return and exit
- Face, Nose, Mouth Submerged

SURFACE SUPPORT

- Front and back float with rollover (6-10 sec.)
- Sculling
- Front Kick with Board
- Back Kick with Board

BREATH CONTROL

- Exhale through mouth - 10 times
- Swim Crawl Stroke with Breath Control

INDEPENDENCE

- Beginning balance
- Push off wall streamlined
- Kicking on front and back (5-10m each) with breathing
 - o (BackStroke, Front Crawl)
- Deep Water Tread (5 seconds)
- 20 meter swim (any stroke)