

CLOWNFISHSWIM

Clownfishswim.com

LESSON PLAN



1st LEVEL

WATER ADJUSTMENT

- Pour Water Over Head with a bucket
- Graduated head submersion; chin, mouth, eyes, full head
- Blowing bubbles – eyes in the water, with and without goggles
- Usage of equipment – Noodles, barbells, platforms
- Water entry and exit
- Jump into teacher and return to edge
- “Monkey Walking”
- Bouncing off of bottom of the pool
- Grab an object under water

KICKING

- Holding onto pool side, platform or instructor
- With barbell or noodle, eyes in the water
- On back with noodle or kickboard

SCULLING

- Clap hands under water
- Open hand with thumbs down
- Fingers together to hold water

SAFETY

- Pool and facility rules
- Never swim alone
- Don't walk on the ice
- Rolling onto back and kicking to side

INDEPENDENCE

- Beginning balance
- Push off wall streamlined
- Swim with face in water using arms – 5 yards with noodle or barbell

HOMEWORK TIPS

1. Grab objects from the bottom of the tub
2. Float in the tub – on back, head looking at the ceiling
3. Kick on the floor on front and back – lie on towel or pillow
4. Practice holding streamline

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