

Red Cross Swim Kids 3

Lesson #1



Duration: 30 minutes

Time: _____

Equipment: Water noodles, kickboards

Time (mins)	Activity/Skill	Formation
2	<p>Skills and Water Safety</p> <p>Facility/Site Rules</p> <ul style="list-style-type: none"> - Identify safe and hazardous areas in the facility/site and the rules to keep safe in these areas. 	
3	<p>Warm-Up</p> <p>Jump in the water with water noodles, swim 5m, return to wall</p>	
18	<p>Strokes and Drills</p> <p><i>Screen swimmers for RCSK 2 skills</i></p> <p>Flutter Kick 10m (Assisted)</p> <ul style="list-style-type: none"> - Encourage body stretched, face in water, exhaling underwater <p>Front Glide with Flutter Kick 10m – 3 times</p> <ul style="list-style-type: none"> - Encourage streamlined position - 5-sec rest between repetitions <p>Back Glide with Flutter Kick 5m – 3 times</p> <ul style="list-style-type: none"> - Encourage streamlined position - 5-sec rest between repetitions <p>Side Glide with Flutter Kick 5m (Assisted) – 3 times</p> <ul style="list-style-type: none"> - Ensure swimmers have a relaxed head so that their head is kept at the surface by the buoyancy of the water 	
3	<p>Skills and Water Safety</p> <p><i>Introduction to new RCSK 3 skills</i></p> <p>Surface Support, Deep Water 20 sec</p> <ul style="list-style-type: none"> - Fishy in the Middle (see page 2) 	
4	<p>Fitness Activity</p> <p>Flutter Kick 15m</p> <ul style="list-style-type: none"> - Encourage swimmers to kick as far as they can 	

Red Cross Swim Kids 3

Lesson #1



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Fishy in the Middle

Purpose: Develop strength

Description:

1. Have swimmers form a large circle in chest-deep water and place a swimmer in the centre. This swimmer does a surface support while in the centre.
2. The class moves in a circle while singing the song:

*Fishy in the middle,
Fishy in the sea,
Fishy in the ocean,
Try to swim free.*

3. When the song ends, the swimmer in the centre must swim out and change places with another swimmer.
4. You may place more than one "fish" in the centre at a time.

Red Cross Swim Kids 3

Lesson #2



Duration: 30 minutes

Time: _____

Equipment: Water noodles, pictures or questions

Time (mins)	Activity/Skill	Formation
2	<p>Skills and Water Safety Understanding Deep and Shallow Water (see page 2)</p>	
3	<p>Warm-Up Rhythmic Breathing 15 times - The Bob Family (see page 2)</p>	
17	<p>Strokes and Drills Front Swim 10m Front Glide/Side Glide Combination 10m (Assisted) – 3 times Deep Water Float 5 sec - Demonstrate first, then have swimmers practise 3 times - Front and Back Float – 5 sec on each Surface Support, Deep Water 20 sec - Use water noodle to teach proper leg movements - Have swimmers keep one hand on wall and scull with one hand, then work toward no hands Front Glide with Flutter Kick 15m – 3 times Back Glide with Flutter Kick 10m – 3 times Side Glide with Flutter Kick 10m</p>	
3	<p>Skills and Water Safety Jump In, Change Direction, Return to Safety, Deep Water - Introduce this activity in chest-deep water</p>	
5	<p>Fitness Activity Distance Swim 15m - Record the personal best distance for each swimmer</p>	

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Lesson #2



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Understanding Deep and Shallow Water

Purpose: Learn about deep and shallow ends of the pool

Safety Supervision:

Instructor always stays at the deepest point to prevent the swimmers from going too far

Description:

1. Have swimmers pick a buddy.
2. Swimmers swim together to the buoy line or place marked in shoulder-deep water where 3 questions (e.g., Where is the deep end? Where do you and your buddy swim safely? What am I used for?) or pictures of deep and shallow water are taped to the buoys.
3. Swimmers return to the edge and tell the answers to the Instructor.

The Bob Family

Purpose: Practise rhythmic breathing

Description:

1. Have the swimmers form a loose semicircle in front of you in shallow water.
2. Begin the story of the Bob family:

*Once upon a time,
There was the Bob family,
Mama Bob, Papa Bob, and Baby Bob...*

Each time you use the word "Bob" the swimmers must go underwater.

3. The story may continue through the entire lesson set, and you can gradually increase the number of bobs and the body positions of the swimmers.

Red Cross Swim Kids 3

Lesson #3



Duration: 30 minutes

Time: _____

Equipment: Red and green dots, water noodles, kickboards, PFDs/lifejackets

Time (mins)	Activity/Skill	Formation
8	<p>Skills and Water Safety</p> <p>When and Where to Swim</p> <ul style="list-style-type: none"> - Red Light/Green Light (see page 2) <p>Sitting Dive, Change Direction, Return to Safety</p> <ul style="list-style-type: none"> - Swimmers perform 3 feet-first entries, attempting to make the biggest splash - Demonstrate sitting dive, then have swimmers practise 3 to 4 times 	
6	<p>Strokes and Drills</p> <p>Front Glide with Flutter Kick 15m – 4 times</p> <ul style="list-style-type: none"> - Using kickboard or water noodle <p>Front Glide with Flutter Kick 15m – 3 times</p> <ul style="list-style-type: none"> - Encourage proper body position <p>Side Glide with Flutter Kick 10m – 4 times</p> <ul style="list-style-type: none"> - Using water noodle - Encourage proper body position 	
10	<p>Skills and Water Safety</p> <p>Review of Skills</p> <ul style="list-style-type: none"> - Salmon Says (see page 2) - E.g., touch bottom of pool, rhythmic breathing 15 times, identify 2 unsafe times to swim (e.g., bad weather) <p>PFDs/Lifejackets, Deep Water</p> <ul style="list-style-type: none"> - Have each swimmer select an appropriate size of PFD/lifejacket to wear. While wearing the PFD/lifejacket, swimmers jump into deep water - Floats (Front and Back) - Swim (Front and Back) 	
6	<p>Fitness Activity</p> <p>Flutter Kick 15m</p> <ul style="list-style-type: none"> - Kick on front, return on back, using kickboard 	

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Lesson #3



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Red Light/Green Light

Purpose: Identify facility/site dangers

Description:

1. Give each swimmer a red dot and a green dot.
2. As a group, swimmers move around the pool identifying facility-/site-specific dangers. Swimmers place red dots on unsafe areas and green dots on safe areas.

Salmon Says

Purpose: Review of skills

Description:

1. Explain that if you say "Salmon says," swimmers should follow your directions. If you don't say "Salmon says," they stay in place.
2. Give the swimmers a variety of directions, including permission to enter the water.
3. Reinforce that they must always have permission to enter the water.

Red Cross Swim Kids 3

Lesson #4



Duration: 30 minutes

Time: _____

Equipment: PFDs/lifejackets, sinking objects, sponges, water noodles

Time (mins)	Activity/Skill	Formation
2	Skills and Water Safety PFDs/Lifejackets, Deep Water (see page 2)	
2	Warm-Up Rhythmic Breathing 15 Times - Focus on steady and slow rhythm of bobs	
5	Skills and Water Safety Sitting Dive, Change Direction, Return to Safety – 4 times - Use sponges floating on surface of water to aim the dives toward - Put objects on bottom to use as targets Surface Support, Deep Water 20 sec	
14	Strokes and Drills Deep Water Float 5 sec, on front and back – 5 times Jump In, Change Direction, Return to Safety, Deep Water - Swimmers jump in, surface, and turn in all direction before returning to edge Front Glide/Side Glide Combination 10m (Assisted) – 3 times Front Glide with Flutter Kick 15m Back Glide with Flutter Kick 10m Front Swim 10m - Encourage swimmers to work on breathing to the side	
7	Fitness Activity Distance Swim 15m - British Bullfrog (see page 2) - Encourage swimmers to roll on their back if tired	

Red Cross Swim Kids 3

Lesson #4



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **General** corrections after entire group attempts item, then give **Specific** corrections for each swimmer. Follow with **Try** it again and apply corrections.

PFDs/Lifejackets, Deep Water

Description:

1. Have swimmers identify situations when they should wear a PFD/lifejacket.
2. Have swimmers identify how a PFD/lifejacket can assist them in cold water.
3. Ask swimmers to identify how people can end up in the water unexpectedly, for example:
 - falling off a dock or a wall near water
 - falling out of a boat
 - being near water or on a boat in a big storm with high winds
 - breaking through ice on a lake
 - losing your balance on slippery ground near streams and rivers
4. Ask swimmers to identify which of these situations could be made safer by wearing a PFD/lifejacket.

British Bullfrog

Purpose: practise changing direction, work on building endurance for distance swim

Safety supervision: Be sure swimmers can touch the bottom and identify specific boundaries

Description:

1. Have swimmers hold the edge in the water while you stand in the centre and yell "British Bullfrog."
2. Swimmers swim across to the other side and try to avoid being tagged by you.
3. When tagged, the swimmers join you in the centre and tag the remaining players by swimming to them.

Red Cross Swim Kids 3

Lesson #5



Duration: 30 minutes

Time: _____

Equipment: Kickboards, pictures (or maps) of safe and unsafe swimming locations in the community (if available), water noodles

Time (mins)	Activity/Skill	Formation
<p>3</p> <p>10</p> <p>17</p>	<p>NOTE: Complete a mid-session evaluation (optional).</p> <p>Skills and Water Safety When and Where to Swim - Local Swimming Conditions and Hazards (see page 2)</p> <p>Fitness Activities Flutter Kick 15m - Crescendo Kicking Drill 3 x 15m - First time – on front - Second time – on back - Third time – combination - 5-sec rest between each Distance Swim 15m - Record the personal best distance for each swimmer</p> <p>Strokes and Drills Front Glide/Side Glide Combination 10m (Assisted) Side Glide with Flutter Kick 10m - Superhero Side Glide (see page 2) – 3 times Front Swim 10m - Shark Drills (see page 2) - Focus on correct stroke mechanics over a short distance Back Glide with Flutter Kick 10m - Encourage swimmers to kick soccer ball to the moon Front Glide with Flutter Kick 15m - Kick on Front 15m, Using Kickboard – 3 times - Encourage face in water, rhythmic breathing</p>	

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Lesson #5



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Local Swimming Conditions and Hazards

Purpose: Create awareness about local safe and unsafe swimming conditions and environmental hazards (e.g., spring melt that can result in high water, cold water, changes in water depth and sudden drop-offs, unsafe jumping/diving locations, etc.) and identify Prepare! Stay Safe! Survive! strategies

Description:

1. Ask swimmers to identify local water hazards and the conditions that make them hazardous at this time of year (provide pictures if available).
2. Create a safety strategy with swimmers on how to avoid being at risk in these conditions and locations. Have swimmers identify what they need to know and do to prepare, stay safe, and also survive if at risk in these locations. Instruct swimmers to share this safety information with their family members.

Superhero Side Glide

Purpose: To practise side glides

Description:

1. Have swimmers line up against the wall or use a water noodle as a support in the “super” position: one arm up by the head and the other at the side.
2. Challenge them to roll their shoulder forward and then backward during the glide. Ask them what happens to their body. What feels more comfortable? What is more stable?
3. Tell swimmers to move their lower arms out of the water, back and forth across their body, where they glide. What happens?
4. Tell swimmers to lift their heads, to look forward, and to look back at their feet. When they glide, what happens to their bodies?
5. Practise side glide with ear resting on the arm that is extended forward.

Shark Drills

Purpose: Introduce an out-of-water arm recovery for the front swim

Description:

1. Demonstrate a front swim with an out-of-water arm recovery.
2. To emphasize the recovery, explain to the swimmers that they are hungry sharks, but, to eat, they need to catch the fish in the water. Since sharks can't bend very well, they sneak up on the fish. Emphasize placement of arms.
3. Have swimmers do their shark swim as quietly as they can for a minimum of 5m.
4. Explain that if they want even more food, they must reach their arms out of the water and dive their hands down to grab more fish. Have swimmers practise the swim again.

Red Cross Swim Kids 3

Lesson #6



Duration: 30 minutes

Time: _____

Equipment: Sponges, water noodles, kickboards

Time (mins)	Activity/Skill	Formation
8	<p>Skills and Water Safety</p> <p>Understanding Deep and Shallow Water (see page 2)</p> <p>Deep Water Float 5 sec – 3 times</p> <p>Jump In, Change Direction, Return to Safety, Deep Water Surface Support, Deep Water 20 sec (in pairs)</p> <ul style="list-style-type: none"> - Ask swimmers to time their partner by counting aloud <p>Sitting Dive, Change Direction, Return to Safety – 3 times</p> <ul style="list-style-type: none"> - Give swimmers sponges to tuck under their chin, so they keep their head down 	
4	<p>Fitness Activities</p> <p>Kicking Relay (see page 2)</p> <p>Flutter Kick 15m – 3 times</p>	
14	<p>Strokes and Drills</p> <p>Rhythmic Breathing 15 Times</p> <ul style="list-style-type: none"> - Swimmers return to edge, change direction <p>Front Glide with Flutter Kick 15m</p> <p>Side Glide with Flutter Kick 10m</p> <ul style="list-style-type: none"> - Side Glide with Flutter Kick 10m, Using Water Noodle – 3 times <p>Front Glide/Side Glide Combination 10m (Assisted)</p> <p>Back Glide with Flutter Kick 10m – 3 times</p> <ul style="list-style-type: none"> - Choice of Entries followed by Back Glide with Flutter Kick 10m – 3 times 	
4	<p>Fitness Activity</p> <p>Distance Swim 15m</p> <ul style="list-style-type: none"> - Record the personal best distance for each swimmer 	

Red Cross Swim Kids 3

Lesson #6



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Understanding Deep and Shallow Water

Purpose: Experience water depth

Description:

1. Swimmers hang on to the edge in chest-deep water.
2. Swimmers bob 3 times and touch the bottom.
3. Swimmers move into deeper water, still holding on to the edge. They do 3 more bobs and try to touch the bottom.
4. Swimmers move into even deeper water and repeat once more.
5. Discuss depth and ask how many swimmers could touch the bottom.
6. Ask swimmers what they should do differently to return to safety in deep water.

Kicking Relay

Purpose: Practise kicking

Description:

1. Divide swimmers into teams.
2. The first swimmer uses a kickboard to do a front glide with a kick and returns doing a back glide with a kick.
3. When the first swimmer returns, the next one goes.
4. Encourage swimmers to breathe to the side, blowing bubbles when on front.

Red Cross Swim Kids 3

Lesson #7



Duration: 30 minutes

Time: _____

Equipment: Kickboards, water noodles, PFDs/lifejackets

Time (mins)	Activity/Skill	Formation
2	<p>Skills and Water Safety When and Where to Swim - Water Entries – Safe/Sorry (see page 2)</p>	
4	<p>Warm-Up Build Leg Strength - Bicycle Water Noodle Race (see page 2)</p>	
8	<p>Skills and Water Safety PFDs/Lifejackets, Deep Water - PFD/Lifejacket Kicking Relay (see page 2)</p>	
5	<p>Fitness Activities Flutter Kick 15m - Kicking Competition Using Flutter Kick 30 sec – 2 times - In partners, swimmers hold opposite ends of the kickboard and attempt to push their partner backward</p>	
11	<p>Strokes and Drills Front Swim 10m Front Glide/Side Glide Combination 10m (Assisted) – 3 times (see page 2) Front Glide with Flutter Kick 15m Side Glide with Flutter Kick 10m Front Swim 10m</p>	

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Lesson #7



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **General** corrections after entire group attempts item, then give **Specific** corrections for each swimmer. Follow with **Try** it again and apply corrections.

Safe/Sorry

Purpose: Reinforce facility-/site-specific safety rules

Safety supervision: Ensure feet-first entries only

Description:

1. Have swimmers line up along the edge.
2. Call out a variety of facility-/site-specific safety rules or unsafe activities (e.g., "You ran to your mother on deck," "You looked for a lifeguard before you went in the water," "You are still chewing gum").
3. Swimmers yell "Sorry" if the activity is unsafe.
4. Swimmers yell "Safe" and jump in/enter the water if the activity is safe.

Bicycle Water Noodle Race

Description:

1. Divide swimmers into 2 groups.
2. Swimmers put water noodles under their armpits.
3. The first group "bicycles" to the other side. When they get there, the second group goes.

Variation: Swimmers can climb out, do a "bike" entry, and swim back.

PFD/Lifejacket Kicking Relay

Purpose: Practise selecting and correctly putting on a PFD/lifejacket

Description:

1. Have each swimmer select an appropriate size of PFD/lifejacket.
2. Divide the swimmers into equal relay teams.
3. Place the PFDs/lifejackets on land away from the swimmers.
4. Have one swimmer swim to the PFDs/lifejackets, exit the water, put on a PFD/lifejacket, and then swim back to the starting location where the next swimmer is waiting.
5. Ensure every swimmer receives a turn.

Front Glide/Side Glide Combination

Description:

1. Swimmers can hold a water noodle in front, if they desire.
2. In a front glide position, swimmers do a flutter kick while slowly exhaling with their face in the water.
3. One arm pulls through the water into a side glide position.
4. Swimmers take a breath to the side they are most comfortable with, and then recover their arm back to the front glide position. (Breathing to only one side should be continued until the swimmers progress to a higher Red Cross Swim Kids level.)

Red Cross Swim Kids 3

Lesson #8



Duration: 30 minutes

Time: _____

Equipment: Water noodles or kickboards, hoops, sponges

Time (mins)	Activity/Skill	Formation
3	<p>Warm-Up: Fitness Activity Distance Swim 15m - Record the personal best distance for each swimmer</p>	
7	<p>Skills and Water Safety Work on skills requiring further development Sitting Dive, Change Direction, Return to Safety – 4 times - Can progress to kneeling dive</p>	
13	<p>Strokes and Drills Rhythmic Breathing 15 Times Side Glide with Flutter Kick 10m – 5 times - Using water noodle or kickboard Front Glide/Side Glide Combination 10m (Assisted) (see page 2) – 2 times Front Swim 10m Back Glide with Flutter Kick 10m</p>	
7	<p>Fitness Activities Front and Back Swim Relay (see page 2) – 2 times Flutter Kick 15m</p>	

Red Cross Swim Kids 3

Lesson #8



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Front Glide/Side Glide Combination

Description:

1. Swimmers can hold a water noodle in front if they desire.
2. In a front glide position, swimmers do a flutter kick while slowly exhaling with their face in the water.
3. One arm pulls through the water into a side glide position.
4. Swimmers take a breath to the side they are most comfortable with, and then recover their arm back to the front glide position. (Breathing to only one side should be continued until the swimmers progress to a higher Red Cross Swim Kids level.)

Front and Back Swim Relay

Description:

1. Divide the class into relay teams.
2. The first swimmer from each team swims out to a hoop, grabs a sponge, places it on his or her forehead, and kicks back to the edge.
3. When the first swimmer returns, the next swimmer goes.

Red Cross Swim Kids 3

Lesson #9



Duration: 30 minutes

Time: _____

Equipment: Water noodles, PFDs/lifejackets

Time (mins)	Activity/Skill	Formation
3	<p>Warm-Up Salmon Says (see page 2) - E.g., rhythmic breathing; weight transfer; back, front, and side glides with flutter kick</p>	
2	<p>Skills and Water Safety PFDs/Lifejackets, Deep Water - Underwater Messages (see page 2)</p>	
14	<p>Strokes and Drills Front Swim 10m – 5 times Rhythmic Breathing 15 Times Back Glide with Flutter Kick 10m Front Glide/Side Glide Combination 10m (Assisted) Front Glide with Flutter Kick 15m</p>	
5	<p>Fitness Activity Distance Swim 15m - Record the personal best distance for each swimmer</p>	
6	<p>Skills and Water Safety Surface Support, Deep Water 20 sec - Using water noodles, swimmers practise cycling/treading with legs Work on skills requiring further development</p>	

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Lesson #9



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **G**eneral corrections after entire group attempts item, then give **S**pecific corrections for each swimmer. Follow with **T**ry it again and apply corrections.

Salmon Says

Purpose: Use throughout the first activity to review skills and water safety and swimming items

Description:

1. Explain that if you say "Salmon says," swimmers should follow your directions. If you don't say "Salmon says," they stay in place.
2. Give the swimmers a variety of directions, including permission to enter the water.
3. Reinforce that they must always have permission to enter the water.

Underwater Messages

Safety supervision: Swimmers may inhale water while making sounds. Carefully supervise swimmers and assist any swimmer who inhales water by encouraging him or her to cough to clear his or her throat.

Description:

1. Divide the class into partners.
2. All swimmers select and put on an appropriate size of PFD/lifejacket.
3. In deep water, partners submerge their face while floating at the surface of the water. One swimmer (the sender) makes a sound (animal sounds, words, humming).
4. The other swimmer (the receiver) listens to the sounds underwater.
5. Both swimmers lift their face out of the water, and the "receiver" guesses the sound or the message the sender made.
6. Tell swimmers to make messages about pool rules and when and where to swim.

Red Cross Swim Kids 3

Lesson #10



Duration: 30 minutes

Time: _____

Equipment: Socks, kickboards

Time (mins)	Activity/Skill	Formation
3	Warm-Up Show Your Skills (see page 2)	
4	Fitness Activities Flutter Kick 15m Sock Swim (see page 2)	
6	Skills and Water Safety Link the following skills together: <ul style="list-style-type: none"> - Sitting Dive, Change Direction, Return to Safety - Jump In, Change Direction, Return to Safety, Deep Water - Surface Support, Deep Water 20 sec - Deep Water Float 5 sec 	
10	Strokes and Drills Side Glide with Flutter Kick 10m Front Swim 10m <ul style="list-style-type: none"> - Exaggerated Shoulder Roll Drill 10m (see page 2) – 2 times Rhythmic Breathing 15 times Back Glide with Flutter Kick 10m <ul style="list-style-type: none"> - Add Exaggerated Shoulder Roll 10m Front Glide/Side Glide Combination 10m (Assisted)	
6	Fitness Activity Fitness Circuit Challenge (see page 2)	
1	Evaluation Records Hand out a progress card to all swimmers and a completion badge (recognition item) to swimmers who have successfully completed all performance criteria in RCSK 3. Hand out Personal Best Fitness stickers (awarded for distance achieved). Encourage swimmers to continue to practise their swimming skills and to register for more Red Cross Swim Kids lessons.	

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Lesson #10



TEACHING TIP:

Remember the 3X (**GST**) rule when teaching strokes/skills.

Do **General** corrections after entire group attempts item, then give **Specific** corrections for each swimmer. Follow with **Try** it again and apply corrections.

Show Your Skills

Purpose: Review skills

Description:

1. Call out the names of different skills (e.g., front float, back float, glide).
2. Swimmers perform those skills.

Sock Swim

Purpose: Develop flutter kick

Description:

1. Give each swimmer a pair of socks to put on.
2. Have swimmers hold on to a kickboard.
3. Tell them to try to kick their socks off their feet.
4. Emphasize straight legs and pointed feet.

Exaggerated Shoulder Roll Drill

Description:

1. Swimmers perform a back glide with a kick, keeping both arms at the sides and emphasizing rolling one shoulder out.
2. Swimmers can repeat this, emphasizing the other shoulder and practising rolling from shoulder to shoulder.

Fitness Circuit Challenge

Description:

1. Rotate swimmers to next station every 30 seconds.

Stations:

1. How many jumps off the edge can you do in 30 seconds?
2. How many rhythmic bobs can you do?
3. What is your longest jump entry into water?
4. How many objects can you get off the bottom in 30 seconds?