



Level 3

OPELIKA SWIM SCHOOL: LEVEL THREE

The goal and focus of level two is to increase time and distance of skills. Freestyle and backstroke arm movements will be developed. We will also work on the proper breath for freestyle.

Safety Rules:

- Where is the Lifeguard?
- Where is person that brought you?
- Teach them to look for water depth?
- Never Swim Alone

Lesson Rules:

- Listen and Pay Attention
- No Splashing
- Never Leave the group
- Do your BEST!

Freestyle and Backstroke Skills:

- 1. Deep Water Entry and Return to wall
 - a. On Stomach
 - b. On Back
- 2. Hold Breath on wall for :10
- 3. Streamline Kick
 - a. On stomach for :05 seconds
 - b. On stomach for 10 yards – with breath
 - c. On Back for 10 yards
- 4. Freestyle and Backstroke Arm Movements
 - Free: arms totally out of water – Big Reach – no breathing yet (3 yards)
 - Back: Arms Straight – small fast kicks!
- 5. Wall Kicking
 - a. Kick with one hand on wall – Breath to side – “keep ear in water”
- 5. Kicking
 - a. Two hand Board Kick – Length of lesson pool
 - b. One hand board kick – breath to side
 - c. One hand kick no board– breath to side
 - d. 25 yard Board Kick
- 6. Swim “Freestyle” 10+ yards
- 7. Swim “Backstroke” 10+ yards
- 8. 10 BOBS Away From wall
- 9. Tread Water :07 - :10 Seconds
- 10. Entry and Tread Water
- 11. Entry – Tread Water – Return to wall